



new life fellowship

Sermon Title: **Grieving our Losses**  
Speaker: **Richard Villodas, Lead Pastor**  
Scripture: **Psalm 25: 15-17**

My eyes are ever on the LORD,  
for only he will release my feet from the snare.  
Turn to me and be gracious to me,  
for I am lonely and afflicted.  
Relieve the troubles of my heart  
and free me from my anguish.

*Psalm 25: 15-17 (NIV)*

### **Sermon Outline:**

The Psalms are the prayer book of the people of God, a third of the passages are those of lament and grief. The Psalms cover an expansive range of human emotion and human experience.

In Psalm 25 David cries out with human emotion and experience. In these verses, David offers to God and names the pain of loss in his life, being afflicted, feeling lonely, troubled and experiencing anguish. All these words describe what many of us have been experiencing this year, especially over the past six months. David names what is happening in his soul and offers it to God. He offers all his emotions and feelings to the living God and doesn't rationalize or minimize them.

2020 has been a year which we have experienced loss after loss after loss. From the sudden death of Kobe Bryant, his daughter and their friends in January, to the pandemic visiting us in March, to the killing of George Floyd, it has been an unending series of loss taking us into greater disorientation.

We are in a collective Dark Night of the Soul. We have been experiencing losses on many levels. Loss of our heroes, our jobs, friends and family members. No longer attending school in person or hosting wedding ceremonies, marriages splitting apart and loss of a carefree mentality. These losses range from catastrophic to simple conveniences, or something in between.

### **Grieving our losses is intrinsically connected to our growth in God.**

We don't typically live like David. Just the naming of we have lost is so important for us to do, but so difficult at the same time. We need to offer our hearts to God, knowing that He is available to us at any time.

Culture, Church, Family and Personality can lead you to ignore your pain and loss.

- The *culture* tells us to move on and get on to the next thing, never stopping let alone grieving.
- The *church* can become a force that doesn't allow us to grieve – telling us to rejoice through our losses while ignoring our lament.
- Our *family* of origin may not have given us permission to express our feelings of sadness, anger or anxiety. You might have been taught anytime these came up, you were to push them down.
- Our *personality* could lead to us not letting ourselves feel pain. When we do this part of our soul goes missing and unaddressed.

We all grieve in different times and in different ways. It need not be done alone or without God. If we do not grieve in a way towards God, we will emotionally grieve in unhealthy ways that keep us in bondage. Is the way you are grieving leading you to God or to greater means of bondage? Self-soothing does not include God in our soothing. God wants us to turn our grief over to him.

David reminds us that God is eager to meet us in our grief. We worship a God who has been through the darkest and deepest abyss, who wants to join us in our grief. God is near!

### Grieving:

- Takes time. Sometimes we can become paralyzed and numb. If this happens to you, know that there is nothing wrong with you. You are grieving losses that are near and dear to your heart. Know and remember that you are a human being caught up in great grief.
- Is not a one-time act. We are human beings trying to do the best we can and grief is not a one-time thing. It might be necessary for us to grieve over and over again.
- Gives us permission to feel. Often, we don't feel we have permission to cry, to feel or to be angry. God gives you permission to feel.
- Often required community. We are the Body of Christ and because we are the body, no one should be walking in their grief alone.

Christian grieving reminds us that God joins us in our grief and that God grieves with us. We trust that one day all of this will vanish and until it does, be encouraged that God is near. God weeps when you weep, and God is wounded when you are wounded. God goes with you in these moments.

### **Sermon Summary:**

This Sunday Lead Pastor Richard Villodas' sermon is on Grieving our Losses. Today Pastor Rich focuses on how important it is to pay attention to our losses, offering them to God.

### **Sermon Questions:**

1. How does this scripture connect for you the topic that was discussed today? What words resonate with you? Why?
2. In your family of origin, how was grief dealt with? How did you see adults deal with loss and how did it make you feel?
3. When surveying your life, whether it be this year or your past, how well are you at naming your losses? How do you allow it to affect you? How do you respond to loss?
4. Which area in life do you feel makes it more difficult to fully grieve, church, culture, your family or yourself? Is the way you are grieving leading you towards God or further into bondage, in addictions or angry outbursts?
5. What would it look like this week to have permission to grieve, to feel, something you have lost recently? Take time to lament, stop and remove yourself from the culture and seek community instead. Ask someone to stay and listen for a while to allow you to grieve and ask for prayer.