

## ***When Faith isn't Fun: Grief***

Matthew 5:4

March 1, 2026

**Life is hard!**

**Our journeys of grief cannot be defined, only described**

Grief isn't *just* about physical death . . .

Grief isn't *just* sadness . . .

In grief, suppressed emotions don't always mean true processing . . .

Grief is not something you just 'get over' . . .

**In Jesus, our grief is not framed as a lack of faith, but as a pathway to experience  
God's intimate presence**

- Matthew 5:4

**When grief strikes, the enemy of our souls will do everything in his power to get  
us to forget who we are in Christ!**

The Path of Grief Can Lead to:

### **1. Despair: 'Why is God doing this?'**

- 2 Corinthians 7:10

### **2. Comfort: 'Dad, I need your help.'**

- Matthew 5:4

**It is possible to feel profound sadness and divine comfort simultaneously . . . and  
it's possible because YOU are His son/daughter!**

- Psalm 56:18

- Psalm 34:18

- Hebrews 4:13

**Challenge FOR Every Alaskan:**

- 1. Run to God with your unvarnished grief**
- 2. Dwell on the news that Jesus died for your grief**