

Good Grief — Helping a Friend Who Grieves

Andy Deane · 3/10/2024 · Job 2-37

Today we'll see how God desires to support those who are grieving through the encouragement of their friends.

Just enduring another day is a testimony (Job 2:1-8)

Job 2:1-8, 1 On another day the angels came to present themselves before the Lord, and Satan also came with them to present himself before him. 2 And the Lord said to Satan, "Where have you come from?" Satan answered the Lord, "From roaming throughout the earth, going back and forth on it." 3 Then the Lord said to Satan, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil. And he still maintains his integrity, though you incited me against him to ruin him without any reason." 4 "Skin for skin!" Satan replied. "A man will give all he has for his own life. 5 But now stretch out your hand and strike his flesh and bones, and he will surely curse you to your face." 6 The Lord said to Satan, "Very well, then, he is in your hands; but you must spare his life." 7 So Satan went out from the presence of the Lord and afflicted Job with painful sores from the soles of his feet to the crown of his head. 8 Then Job took a piece of broken pottery and scraped himself with it as he sat among the ashes.

- We stick it to Satan every time we maintain our integrity during difficult seasons (3)
- We don't hear about Satan again after this chapter because he's not the main character, God is.

How to support others in their grief (Job 2:9-13)

Job 2:9-13, 9 His wife said to him, "Are you still maintaining your integrity? Curse God and die!" 10 He replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?" In all this, Job did not sin in what he said. 11 When Job's three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. 12 When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. 13 Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

1. Instead of offering simple cliches, share heartfelt words (2:10)

HERE'S WHAT NOT TO SAY TO GRIEVING PEOPLE:

- "I know how you feel"
- "At least _____"
- "God has a plan"
- "God needed her in heaven more than we did here"
- "Look on the bright side"
- "You'll be fine"
- "You are brave/strong"
- "Maybe you didn't have enough faith"

HERE'S WHAT YOU CAN SAY TO GRIEVING PEOPLE:

- "My heart is hurting for you"
- Agree with them that, "this is the worst"
- "I miss him too"
- "I remember _____" (say their name)
- "I have never been through war you are going through, but I want to walk alongside you in your grief..."
- "I am here for you"
- "No one has words that would remove your pain, but so many wish they did."

2. Instead of being apathetic, offer sympathy & comfort (2:11)

HERE'S HOW WE CAN SERVE GRIEVING PEOPLE:

- Cook a meal
- Organize a meal train
- Give a gift card
- Help with practical tasks
- Find a Christian counselor
- Offer to take their kids to the park
- Mail them a letter (or send a text)

3. Instead of showing strength, be open to showing emotions (2:12)

4. Instead of giving space, show up & simply be with them (2:13)

5. Instead of trying to say the perfect thing, do much more listening (2:13)

WHAT TO ASK HURTING PEOPLE:

- “Do you feel like talking?”
- “Can I bring you a meal, watch your kids?”
- “What is your grief like these days?”
- “What was your loved one like?”
- “What are some things you miss the most about them?”
- “Can I pray for you?”
- “What do you need?”

6. Instead of correcting theology in their moments of grief, allow space for lament (3:24-26)

Job ultimately longs for a friend who never fails, Jesus:

- Job hopes for a: **MEDIATOR** (to stand between him & God) — We have this in Jesus!
 - Job 9:1-2; 32-33; 34, 2 ...*“Indeed, I know that this is true. But how can mere mortals prove their innocence before God? 32 “He is not a mere mortal like me that I might answer him, that we might confront each other in court. 33 If only there were someone to mediate between us, someone to bring us together, 34 someone to remove God’s rod from me, so that his terror would frighten me no more.*
 - 1 Timothy 2:5, *For there is one God and one mediator between God and mankind, the man Christ Jesus.*
 - Job 9:35, *Then I would speak up without fear of him, but as it now stands with me, I cannot.*
 - Hebrews 4:16, *Let us then approach God’s throne of grace with confidence, so that we may receive mercy & find grace to help us in our time of need.*
- Job hopes for an: **ADVOCATE** (to plead his case before God) — We have this in Jesus!
 - Job 16:19, *Even now my witness is in heaven; my advocate is on high.*
 - 1 John 2:1, *if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One.*
 - Job 16:20-21, *My intercessor is my friend as my eyes pour out tears to God; 21 on behalf of a man he pleads with God as one pleads for a friend.*
 - Romans 8:34, *...Jesus...is also interceding for us.*
- Job hopes for: **REDEEMER** (to deliver him out of suffering) — We have this in Jesus!
 - Job 19:25, *I know that my redeemer lives, and that in the end he will stand on the earth.*
 - 1 Peter 1:18-19, *...it was not with perishable things such as silver or gold that you were redeemed...but with the precious blood of Christ, a lamb without blemish or defect.*

Text LAMENT to (951)425-4425 to learn more about processing grief by writing your own lament.

Text BOOK to (951)425-4425 to learn more about *Every Moment Holy, Vol. 2*.

Text GRIEF to (951)425-4425 to learn more about Cornerstone’s Grief Share group.