

Mount Pisgah Baptist Church
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Moments from the Mount
06/03/2021

“Attack the Heart or Have a Heart Attack”
Subtopic: “Grief”

We are still talking and teaching about **“The Heart”**. We have divided the lesson into 4 different teaching topics, we are looking at each of them individually:

- I. Thoughts**
- II. Motivations (Intentions)**
- III. Emotions/Passions**
- IV. Actions**

We are now on the third topic: **Emotions/Passions**. We have already touched upon some of this. We closely looked at the **emotion** of **“hatred”**. We concluded that the emotion of hatred, originates in a person’s **heart**.

So, we are now going to focus on what I’m calling: **“The Top Two Emotional G’s”**:

- 1). Grief**
- 2). Guilt**

A. Lesson Outline

I. Grief is Real

Here we shall look at the biblical reality and references to grief. According to the Bible, grief will increase in the world. Many famous people in the Bible experienced grief and sadness.

1). David and his mighty warriors-

a). **I Samuel 30:4-** Then **David** and the **people** that were with him lifted up their voice and **wept**, until they had no more power to weep.

This is when your “hurt” ever “hurt”?

The word “grief” appears **120** times in the KJV of the Bible.

II. Grief Can Kill-

In what is called **Science Daily-** (The source for the latest research news), in an article dated October 22, 2018, the particular **Source** of this article is from Rice University, a **Summary** of the article states: “Grief can cause inflammation that can kill, according to new research”.

It examines the impact grief has on *human health*. They compared two groups of people: One, those who showed symptoms of elevated grief—such as grieving for the deceased, having difficulty moving on, a sense that life is meaningless, and the inability to accept the reality of the loss—to group # two, those who did not exhibit those behaviors. The researchers discovered that *widows* or *widowers* with **elevated grief symptom**, suffered up to **17** percent higher levels of bodily inflammation. And that inflammation contributes to almost every disease in older adults”.

The reason that “grief” can kill, is because the author (which is Satan) of what the medical professionals call **“Prolonged Grief Disorder”**, has come to **“kill!”**

Don’t fool yourself, Satan wants you and your whole family dead, and on their way to hell!

III. How Should You Deal

Here we shall talk about how God enables us to move forward and deal with grief. We will examine what the Bible has to say about overcoming grief.

I. Grief is Real

First of all, let’s define grief, and then we will list some possible causes of grief.

The dictionary defines “grief” as, deep sadness, as over the loss of something, sorrow.

There can be various causes of grief: The loss of a job (layoffs), the loss of a close relationship or friendship, or the desire to be in a relationship, loneliness, medical issues, medical bills, growing older and experiencing loss of mobility or memory.

There is so much going on all around us in our world today. We have been through (and still are going through), a whole lot. These things have impacted us **deeply**. For example: The astronomical number of world-wide Covid 19 illnesses and associated deaths. The various deaths that have heightened the racial tension in our nation and communities. And then we're having to deal with the many deaths that occur through natural causes as well.

These various circumstances have created a great deal of grief! So, it is something that we must look at, talk about, and address.

A question that definitely needs to be asked is, "How are we as a people, African Americans, coping with grief"?

FIVE STAR STATEMENT: African Americans are 2.5 times (or twice) more likely to suffer from "**Prolonged Grief Disorder**" than other groups.

The Bible has a lot to say about "grief":

1). I Samuel 1:8- Then said Elkanah her husband to her, **Hannah, why weepst thou?** and why eatest thou not? and **why is thy heart grieved?** am not I better to thee than ten sons?

Hannah was grieving because she did not have a child. A sad reality is that some parents or grandparents, are experiencing grief because the child or grandchild that they have.

2). John 16:22 (NIV)- So with you: **Now is your time of grief**, but I will see you again and you will rejoice, and no one will take away your joy.

These are the disciples of Jesus. Their whole vision for the future, hopes and dreams, had just vanished! Jesus had basically announced that he was entering hospice.

a). Proverbs 13:12- Hope deferred maketh the **heart sick:** but when the desire cometh, it is a tree of life.

Now contrast this with:

b). Proverbs 15:13- A **merry heart** maketh a **cheerful countenance**: but by sorrow of the heart the spirit is broken.

c). Proverbs 17:22- A **merry heart** doeth good like a medicine: but a broken spirit drieth the bones.

3). I Thessalonians 4:13 (NIV)- Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not **grieve** like the rest of mankind, who have **no** hope.

These people were grieving over someone who had died.

The Bible doesn't always use the word "grief". At times it paints a more graphic picture in order that we may better understand the seriousness of "grief".

1). Proverbs 18:14- The spirit of a man will sustain his infirmity; but a **wounded spirit** who can bear?

2). Proverbs 17:22- A merry heart doeth good like a medicine: but a **broken spirit** drieth the bones.

So, we must pause and ask several questions: What is a "wounded" or a "broken" spirit? What should you do if you have a "wounded" spirit?

When you're down, sad, discouraged, or depressed over a long period of time, those are indicators that you may have experienced a wounding of your spirit. We can have several things going on at the same time, that may jointly contribute to our spirits being wounded. Again, the medical profession refers to this as "**Prolonged Grief Disorder**".

You may be tempted to ask, "Reverend, is this really that important?" Yes!!! Because a wounded spirit can kill you!!

3). Psalm 147:3- He healeth the **broken in heart, and bindeth up their **wounds**.**

4). **Psalm 34:18- The LORD** is nigh unto them that are of a **broken heart**; and saveth such as be of a contrite spirit.

5). **Isaiah 61:1- The Spirit of the Lord GOD** is upon **me**; because **the LORD** hath anointed **me** to preach good tidings unto the meek; he hath sent **me** to bind up the **brokenhearted**, to proclaim liberty to the captives, and the opening of the prison to them that are bound;

Notice in the above 3 verses, the # 1 solution for a wounded or broken spirit/heart! Medication can treat the “**symptoms**” of grief, **Jesus** can deal with and eradicate the “**cause**”! A person will take medication, or receive therapy, “after” symptoms are shown!

FINAL CONCLUSION: What is the **cure** for a wounded or broken spirit? Is there permanent medicine that will eradicate the pain?

1). **Proverbs 17:22-** A **merry heart** doeth **good like a medicine**: but a broken spirit drieth the bones.

2). **Proverbs 15:13-** A **merry heart** maketh a **cheerful countenance**: but by sorrow of the heart the **spirit is broken**.

It is possible for a person to lose his/her merry heart! Somehow, your “joy” is now gone.

2). **Psalm 51:8;12-⁸** Make me to hear **joy** and **gladness**; that the bones which thou hast **broken** may **rejoice**. ¹² **Restore** unto me the **joy** of thy salvation; and uphold me with thy free spirit.