

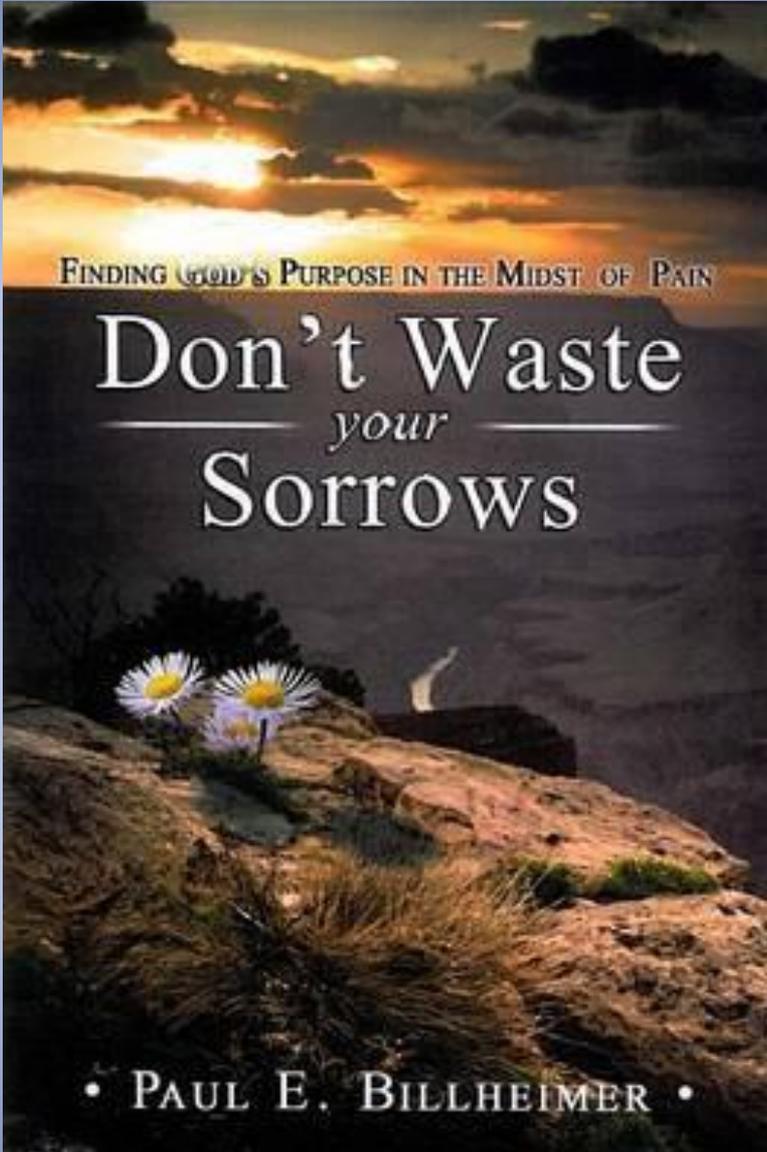
# Living with Loss

A personal reflection.

## Matthew 6:33

Seek the Kingdom of God above all else,  
and live righteously, (live justly), and he will  
give you everything you need.





FINDING GOD'S PURPOSE IN THE MIDST OF PAIN

Don't Waste  
*your*  
Sorrows

• PAUL E. BILLHEIMER •

## Source of Sorrows:

- our own mistakes
- the behaviour of others
- seemingly random







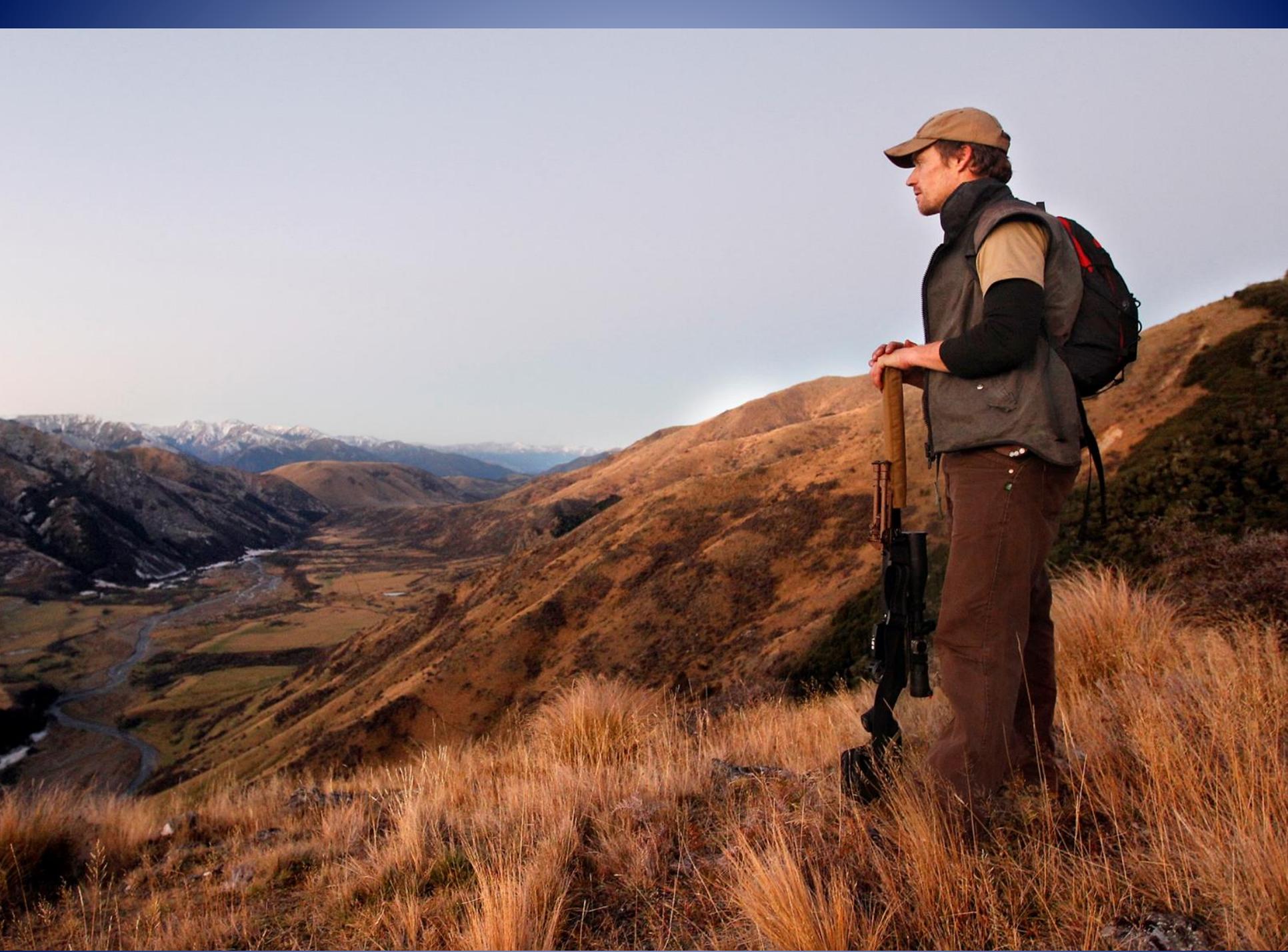


















What not to do:

(we do go these places, but don't  
get stuck)

Denial

God blesses those people who  
grieve. They will find comfort!.

Matthew 5:4

Self medicate

Get angry

Let your feelings take charge.

Isolate yourself

Become self-absorbed

How do you use your sorrows  
for good, not bad?

Be prepared

## Psalm 23

The Lord is my shepherd, I shall not want.

2 He makes me lie down in green pastures;  
he leads me beside still waters;

3 he restores my soul.

He leads me in right paths  
for his name's sake.

4 Even though I walk through the darkest valley,  
I fear no evil; for you are with me;  
your rod and your staff—  
they comfort me.

5 You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.

6 Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.

Be honest with God

*“God whispers to us in our pleasures and  
shouts to us in our pains.”*

C S Lewis







## Be thankful

*“Being thankful everyday changed my mind set. I started small, thankful for the sun, which was shining, thankful that I could hear the birds singing, and gradually it became a long list of things I am so thankful for. Look for the good every day. Today might not be a good day, but there is good in every day.”*

Joanne Guy



*“Troubles can take everything away from you except God. Therefore, if God is to you are greater safety, a deeper security, and a more powerful home than anything else in world, you fear no trouble. Depending on God in trouble is a spiritual skill that can only be learned from in trouble.”*

Tim Keller.

*“As psalm after psalm demonstrates, our sufferings are the context in which we experience the love of God, both to comfort us and to change us. We are comforted in our afflictions as we learn of God’s promises and power. We are changed in our afflictions as we learn to take refuge in God rather than in vain idols.”*

David Powlison

*Joseph to his brothers who sold him :*

“You intended to harm me, but God intended it for good.”

Genesis 50:20

Hang out with people who will help you





Understand Happiness and Joy



## Hebrews 4:14-16

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

## Matthew 6:33

Seek the Kingdom of God above all else,  
and live righteously, and he will give you  
everything you need.



*“I have found talking about it all has been healing. It’s something that we men don’t do well. We were fortunate in a strange way in that early in our marriage I was a terrible husband. That created a lot of tension and problems in our relationship, but we managed to get help and sort those issues out . A lot of the problems were caused by me not talking to Jo. It wasn’t that I didn’t want to talk, it was more that I didn’t know how to express how I felt.”*

Bryan Guy

Alison

*“While walking today I was thinking what a blessing it is to have experienced depression in my life. Sounds strange to say, especially for a Christian.*

*The popular Christian view of depression is that it's somehow a weakness of the soul, however I would say the opposite, it gives my soul strength.*

*After wading through months of muddy thinking and weariness at life and everything in it, I can truly say God is at my side at all times.*

*He is at the bottom of my cup, he is the ledge that I land on when I fall of the cliff, he is the energy I need when I can't take another step, he is the gentle voice of reason when I have lost all of mine.*

*He wraps me with his eternal arms, gently showing me the love that built the universe yet still thought of my tiny soul. He is the grace I need when I hate everything about myself.*

*Without depression, I would have continued to think I was a capable person all on my own without him in my life. The glamour of this deceitful world would have sucked me into the black hole that life without him truly is.*

*He is the deep joy in my heart, he is the strength in my muscles, he is the calm when I sleep. He calms the storm before it overwhelms me. While the storm rages, he is the warm home in which I shelter. He is the source of the love I have for those around me.”*

Bryan Guy's quote:

*"I asked strength – and God gave me difficulties to make me strong. I asked for wisdom – and God gave me problems to learn to solve. I asked for courage – and God gave me dangers to overcome. I asked for love – and God gave me people to help. I asked for favours – and God gave me opportunities. I asked for prosperity – and God gave me brain and brawn to work. I received nothing I wanted – I received everything I needed. My prayers have been answered."*

Debbie

*“Most recently I was diagnosed with cancer.... The gift of knowing God’s deep and abiding presence and love in the darkest of days is the gift we found to be beyond value. It amazes me to say that though the wrapping is definitely on the “deceptive side,” this nevertheless is indeed a lavish gift.*

*One where I'm driven to my knees with tears of gratitude for the love that fills every part of my being. And isn't that the message of Christmas. That we are loved so greatly that God gives us exactly the right gift right time. Once a humble saviour born in a stable."*

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28





Not with force the Kingdom of God  
and his righteousness  
and all these things shall be added unto you  
Matthew 6:33





