



Grief, Mourning And Beginning Again

**Yes, though I walk through the [deep, sunless] valley of the shadow of death,
I will fear or dread no evil, for You are with me;
Your rod [to protect] and Your staff [to guide],
they comfort me. Psalm 23:4 AMP**

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By Jerry Mann**

Our Commitments to Ministry

TNM ministry is committed to the teaching of the word of God to the Body of Christ.

To making a persons relationship with Christ come alive so that that they might live out the word of God in practical ways.

To helping the members of the Body of Christ live the Word of God as reality in their lives.

To helping parents raise up the next generation of Godly leaders.

To helping young people understand that God loves them and does not leave them in confusion.

To helping couples find the joy that Christ has for them in marriage.

TNM Ministries Seminars is a ministry of Gerald and Carol Mann.

The ministry started 1981, and is named for their daughter Tanisha Nichelle Mann, who went to be with the Lord at age three, to both honor her and the Father for the things He taught them through her. Carol went to accompany Tanisha in the Fathers presence in 2010

Gerald Mann served as Area Director of Young Life Greater Mission District in San Francisco, California for seventeen years, and served as the Director of Continuing Education for Young Life nationally for eight years. Reverend Mann holds both a Masters of Divinity and a Doctorate of Ministry from Fuller Theological Seminary in Pasadena California. He has over forty years of ministry experience as a teacher, pastor, and counselor. Dr. Mann is also a noted radio and retreat speaker, and now serves as the senior pastor of Sunset Ministry of San Francisco. For the past forty- five years he has been involved in discipleship, teaching and evangelism and currently resides in San Francisco, California and has three grown children.

TNM MINISTRIES

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Why this seminar?

Who I am

IS THERE SUCH A THING AS STARTING OVER?

Principle: Our lives are a continuum of the Father's unfolding love and grace.

Your life is the constant unfolding of the Father love and grace.

TRUST THE FATHER'S NATURE

God is Love: We have come to know and have believed the love which God has for us.

God is love, and the one who abides in love abides in God, and God abides in him. 1John 4:16

Aspects of His love

Jealous Exodus 20:5 I, the LORD your God, am a jealous God

Compassionate Deuteronomy 4:31 For the LORD your God is a compassionate God

Gracious and righteous Psalm 116:5 Gracious is the LORD, and righteous; Yes, our God is compassionate.

Sanctifies Leviticus 20:8 I am the LORD who sanctifies you

YOU ARE LOVED BY THE FATHER

DAVID AT ZIKLAG: three keys when facing grief 1Samuel 30: 1-31

Find strength in the Father Verse 6 David strengthened himself in the LORD his God.

Enter the Fathers presence Verse 7 Please bring me the ephod

Ask of the Lord Verse 8 David inquired of the LORD

A fresh look at Psalm 23

Yes, though I walk through the [deep, sunless] valley of the shadow of death, I will fear *or* dread no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort me. Psalm 23:4 AMP.

UNDERSTANDING THE GRIEVING PROCESS

Know what's happening to you

Acknowledge your pain

Accept your feelings and give them voice

Do not beat yourself up

REMEMBER: EMOTIONAL PAIN AND TEARS ARE NOT SIGNS OF WEAKNESS

The five general stages of grief:

1. Denial

2. Bargaining

3. Anger

4. Depression

5. Acceptance

**Like a shepherd He will tend His flock, In His arm He will gather the lambs
And carry them in His bosom; He will gently lead the nursing ewes Isaiah 40:11**

THE WHY QUESTION

To ask why, is a normal question for understanding

For David, after he had served God's will *and* purpose *and* counsel in his own generation, fell asleep [in death] and was buried among his forefathers, and he did see corruption *and* undergo putrefaction *and* dissolution [of the grave]. Acts 13:36 AMP

**A FACT AND PRINCIPLE: THE FATHER LOVES AND LOVED
OUR LOVED ONE MORE THAN YOU DO.**

BLAMING GOD

We often blame God Like Job does here:

Then Job answered, Oh that my grief were actually weighed And laid in the balances together with my calamity! For then it would be heavier than the sand of the seas; therefore my words have been rash. For the arrows of the Almighty are within me, their poison my spirit drinks; the terrors of God are arrayed against me. Job 6:1-4

A key to understanding Job and His grief and restoration:

Through all this Job did not sin nor did he blame God. Job 1:22

AM I ALONE IN THIS?

NO

Isolation is a trick of the Devil

Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you. 1Peter 5:8-10

Don't miss the Father's promise in these verses

JESUS' PROMISES

I will not leave you as orphans; I will come to you. John 14:18

WHERE IS GOD WHEN I HURT THIS MUCH? Remember Psalm 23

God goes ahead of you As Shepherd verses 1 and 5 also Isaiah 45:2

God stands besides you His presence, His Rod and Staff verse 4 also Jeremiah 1:8

God promises not to fail or forsake you His preparation for you: verses 2-3,6 also Matthew 28:20; Hebrews 13:5

God grieves with you: Jesus weeps John 11:35, 38 So Jesus, again being deeply moved within

**The LORD is the one who goes ahead of you; He will be with you.
He will not fail you or forsake you. Do not fear or be dismayed. Deuteronomy 31:8**

LIVING IN THE NEW NORMAL

Finding emotional sanity and healing

Know that God is for you and is still using you.

Look for the positives in being released from this responsibility

Walk in victory; see where God has been at work

See the relationship as the cherished gift of God

Reach out to those who love and support you
Be transparent before them

Do something different- set new goals
You are never too old to set another goal or to dream a new dream.
C. S. Lewis

Understand the surrender of feelings and passions
Own your feelings and grief face the loneliness, helplessness, and abandonment

Submit them to the Father
Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you. 1Peter 5:6-7

Give yourself permission:

- | | |
|-----------------|-------------------|
| To Grieve | To Joy |
| To Cry | To Celebrate |
| To Mourn | To Play |
| To Live | To Laugh out loud |
| To Be Comforted | To Be healed |

There is a time for everything, and a season for every activity under heaven: Ecclesiastes 3:1

Four things to accept:

1. The loss
2. Grief
3. The new normal
4. The Father's presence and unshakable love for **you**

FEELINGS THAT ACCOMPANY DIFFERENT TYPES OF LOSSES

Loss of a parent

The person who knew your complete history
The loss of strength and security
The loss of unconditional love
The loss of identity
A sense of abandonment
The family connector, patriarch, matriarch, or
historian is gone
A feeling of being orphaned

Loss of a baby

Loss of future
Loss of hope
Heartbreak
Blame
Remember both parents are grieving
Try not to become over protective of
your other children

Loss of an adult child

Feeling that no parent should bury their child
Lack of a future or legacy
Losing a part of yourself

Loss of a sibling

Losing a part of ourselves
Your oldest playmate or confidant
A person of you own history and lineage
Feelings of guile and or anger
Loss of first relationships or protector
Facing your own mortality
Loss of a marriage

Loss of a spouse

Losing a partner
A confidant, lover, and friend
Someone who loved you personally and deeply
Personal prayer warrior
Fear of being alone
Counsel
Abandonment

Divorce

Betrayal
Abandonment
Rejection and hopelessness
Revenge

SIX ASSURANCES FROM THE FATHER:

You have turned for me my mourning into dancing;
You have loosed my sackcloth and girded me with gladness Psalm 30:11

To grant those who mourn in Zion, Giving them a garland instead of ashes,
The oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting.
So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified.
Isaiah 61:3

For I will turn their mourning into joy and will comfort them and give them joy for their sorrow. Jeremiah 31:13

You have taken account of my wanderings; Put my tears in Your bottle. Are they not in Your book?
Psalm 56:8

Those who sow in tears shall reap with joyful shouting. Psalm 126:5

Weeping may last for the night, but a shout of joy comes in the morning. Psalm 30:5

RESOURCES:

Good Grief by Granger E. Westberg, Fortress Press www.augsburgfortress.org

My Journey to Hope by Don Goehner, Info@goehnergrop.com

Starting Over Again by Joanne Wallace, Deanna Wallace

Confession of a Grieving Christian by Zig Ziglar, Broadman and Holman

A Grief Observed By C.S. Lewis, Farber and Farber

Care Notes Abbey Press www.carenotes.com

A Moment with God for Those Who Grieve by Dale Clem, Abingdon Press

Healing a Spouse's Grieving Heart by Alan D. Wolfe, Companion Press

Inside the Broken Heart by Julie Yarbrough, Abingdon Press · E-book

Experiencing Grief H. Norm Wright, B&H Publishing Group

When Will I Stop Hurting? By June Cerza Kolf, Baker Publishing Group · E-book

Life after loss, Grieving with Hope Tim Jackson, RBC Ministries



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