

A lighthouse beam illuminates the night sky, which is filled with stars and the Milky Way galaxy. The beam of light is bright and focused, creating a strong contrast against the dark, starry background. The lighthouse tower is visible in the lower center, with the light emanating from its top. The overall scene is serene and evocative, symbolizing guidance and hope.

HOPE for the GRIEVING

And now, dear brothers and sisters, we want you to know what will happen to the believers who have died so you will not grieve like people who have no hope. ¹⁴ For since we believe that Jesus died and was raised to life again, we also believe that when Jesus returns, God will bring back with Him the believers who have died.

1 Thessalonians 4:13-14 (NLT)



Jesus realized they wanted to ask Him about it, so He said, “Are you asking yourselves what I meant? I said in a little while you won’t see Me, but a little while after that you will see Me again. ²⁰I tell you the truth, you will weep and mourn over what is going to happen to Me, but the world will rejoice. You will grieve, but your grief will suddenly turn to wonderful joy.

John 16:19-20



21 It will be like a woman suffering the pains of labor. When her child is born, her anguish gives way to joy because she has brought a new baby into the world. 22 So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy.

John 16:21-22



So you see, just as death came into the world through a man, now the resurrection from the dead has begun through another man. ²² Just as everyone dies because we all belong to Adam, everyone who belongs to Christ will be given new life. ²³ But there is an order to this resurrection: Christ was raised as the first of the harvest; then all who belong to Christ will be raised when He comes back.

1 Corinthians 15:21-23



It is the same way with the resurrection of the dead. Our earthly bodies are planted in the ground when we die, but they will be raised to live forever. ⁴³ Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength. ⁴⁴ They are buried as natural human bodies, but they will be raised as spiritual bodies. For just as there are natural bodies, there are also spiritual bodies.

1 Corinthians 15:42-44





What I am saying, dear brothers and sisters, is that our physical bodies cannot inherit the Kingdom of God. These dying bodies cannot inherit what will last forever.

⁵¹ But let me reveal to you a wonderful secret. We will not all die, but we will all be transformed!

1 Corinthians 15:50-51



Then, when our dying bodies have been transformed into bodies that will never die, this Scripture will be fulfilled: “Death is swallowed up in victory.

⁵⁵ O death, where is your victory?

O death, where is your sting?”

⁵⁶ For sin is the sting that results in death, and the law gives sin its power. ⁵⁷ But thank God! He gives us victory over sin and death through our Lord Jesus Christ.

1 Corinthians 15:54-57



**He will wipe every tear from their eyes,
and there will be no more death or
sorrow or crying or pain. All these
things are gone forever.”**

Revelation 21:4



“Lament asks us to do something out of the ordinary. It invites us to sit with our grief, no matter how uncomfortable.”

In the words of Eugene Peterson, lament says, “When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don’t ask questions: Wait for hope to appear.”

“Lament calls us away from our typical responses to pain and asks us to simply stay put until God does something.” by Aubrey Sampson “The Louder Song”



“Aubrey Sampson is a fresh voice
when your broken heart needs a fresh wind.”

ANN VOSKAMP, *New York Times* bestselling author

the
louder
song



Listening
for Hope
in the Midst
of Lament

aubrey sampson

*We cry out to God, we ask our
questions, we pour out our
heart.*



HOPE for the GRIEVING

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***“All laments lead to the truest
form of worship—
the worship of God alone. Not
God and blessings, not God
and benefits, but God for
God’s sake. No matter what
happens. No matter how
violently the storm rages. No
matter God’s apparent
absence.” Sampson***

HOPE for the GRIEVING

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

1 Corinthians 1:3-4



- *“Sometimes grieving people sense that people around them see their tears as a problem to be solved — that tears must mean they aren’t doing very well with their grief. But it makes sense that the great sorrow of losing someone we love would come out in tears. Tears are not the enemy. Tears do not reflect a lack of faith. Tears are a gift from God that help to wash away the deep pain of loss.”*

By Nancy Guthrie-What Grieving People Wish You Knew At Christmas-Desiring God