

We All Do It!

By Pastor Bill Hayden

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Everything on earth has its cycle of life, from civilizations, governments, manufacturers and all living things. Every now and then, someone in our community will experience some form of loss which brings them to the shores of grief. We all are hit with the waves of grieving over the loss of a loved one or a pet who was like a member of the family.

The effects of grief can be devastating and debilitating and may sometimes cause a person to withdraw from their loved ones. Feelings of personal guilt can also occur, especially if you think that the outcome would have been different if you had taken a different path.

Depression can cause you to isolate yourself from the outside world and all the things you used to enjoy, leaving you feeling empty, lonely and sad. A person can become so overwhelmed to the extent that they lose their appetite and the will to survive.

Despite the effects of grief there can be 'Good Grief'. I know when making that statement it makes no sense. How can grief be thought of as good when your heart is broken? Well, we will grieve here on earth because we are attached to earthly things and other human beings. However, grief can have a positive effect in bringing about growth, maturity and independence, as a person grows through the stages of mourning. In 'Good Grief' we embrace the assurance of seeing our loved ones again because of our mutual commitment to Christ which allows us to live with eternity in view.

1Thessalonians 4:13-18 ESV

Condensed: *We grieve in hope, knowing that we will be reunited with those who died trusting in Christ. Jesus died, rose from the grave and will return with those who died believing in Him. We, who remain alive, will be caught up together in the air and taken to Heaven forever.*

The 'Good Grief' is about waiting to be reunited! There isn't a day or week that passes when you don't think about a loved one that you have lost. We offer a 13 week biblical based course in Grief Share.

Celebrate with us at the Villages Community Chapel in Cribari Auditorium, every Sunday at 10 a.m. to be encouraged by the Word of Life and enjoy a cup of coffee and cookies with friends. The chapel is a place for *needs to be met, faith to be affirmed, and new friends to embrace.* You can view our worship services on YouTube at Villages Community Chapel or www.villagescommunitychapel.vgcc.club