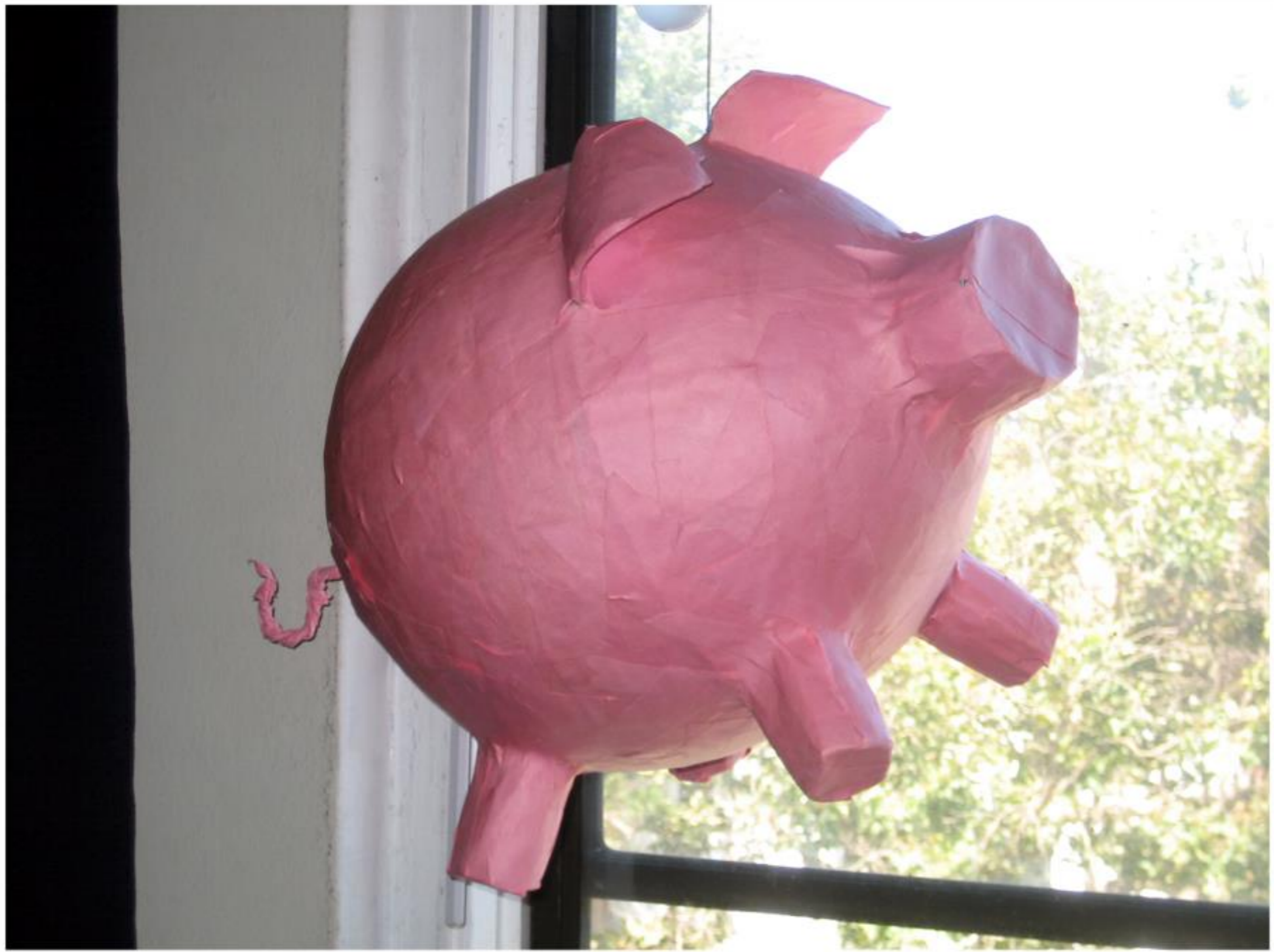


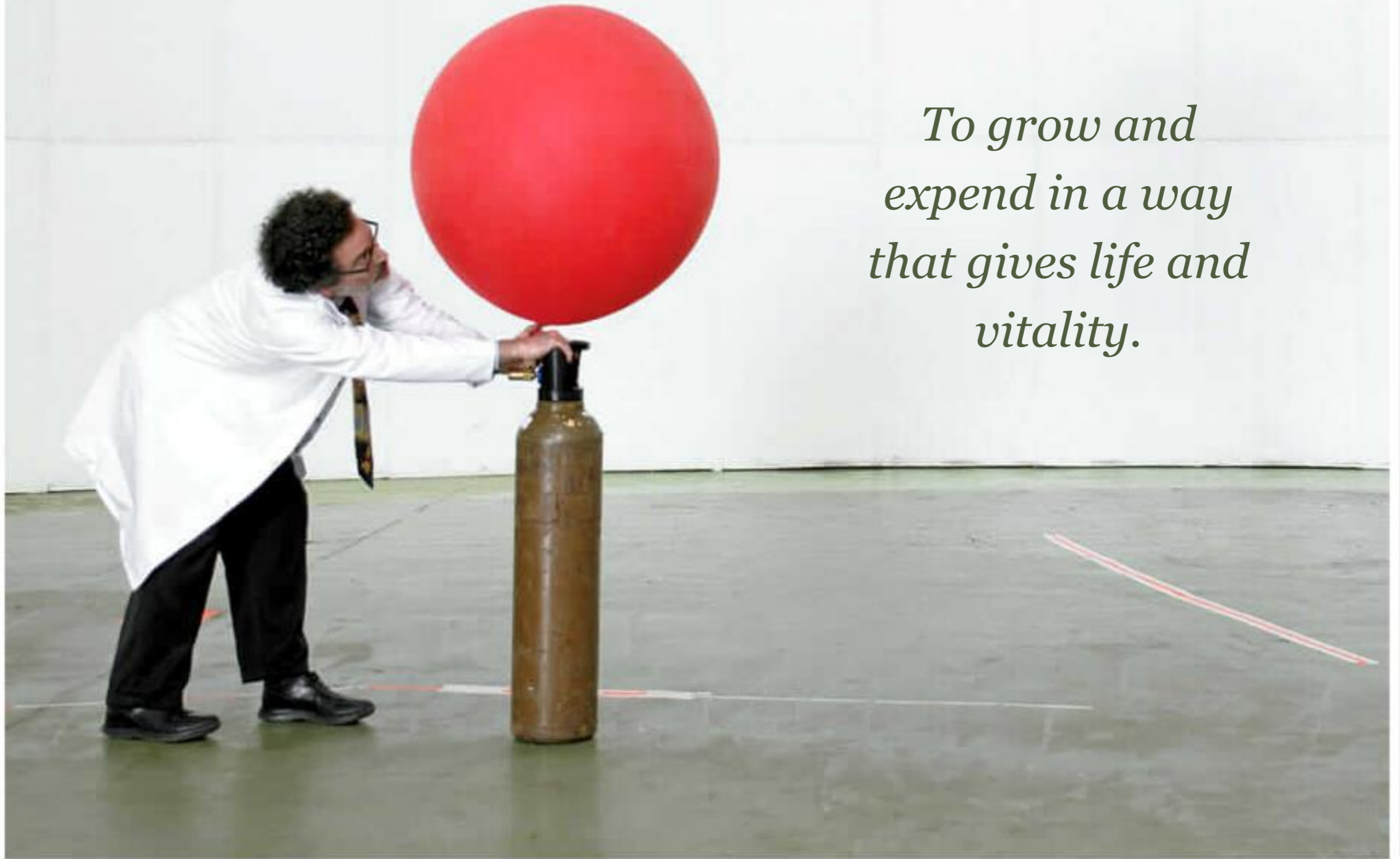
EMOTIONALLY HEALTHY SPIRITUALITY

Enlarge Your Soul Through Grief and Loss



ENLARGING

*To grow and
expend in a way
that gives life and
vitality.*



CRUSH OR OPEN



JOB



He was the greatest man among all the people of
the east. (Job 1:3)

JOB 1: 13-22

One day when Job's sons and daughters were feasting and drinking wine at the oldest brother's house, a messenger came to Job and said, "The oxen were plowing and the donkeys were grazing nearby, and the Sabeans attacked and made off with them. They put the servants to the sword, and I am the only one who has escaped to tell you!"

While he was still speaking, another messenger came and said, "The fire of God fell from the heavens and burned up the sheep and the servants, and I am the only one who has escaped to tell you!"

While he was still speaking, another messenger came and said, "The Chaldeans formed three raiding parties and swept down on your camels and made off with them. They put the servants to the sword, and I am the only one who has escaped to tell you!"

JOB 1: 13-22

While he was still speaking, yet another messenger came and said, “Your sons and daughters were feasting and drinking wine at the oldest brother’s house, when suddenly a mighty wind swept in from the desert and struck the four corners of the house. It collapsed on them and they are dead, and I am the only one who has escaped to tell you!”

At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said:

“Naked I came from my mother’s womb,
and naked I will depart. The Lord gave and the Lord has taken
away;
may the name of the Lord be praised.”

In all this, Job did not sin by charging God with wrongdoing.

ECCLESIASTES 3:1, 4

- There is a time for everything, and a season for every activity under heaven
- A time to weep
- A time to mourn

JOB RESPONDED TO PAIN
WITH AUTHENTIC
GRIEF AND WORSHIP



JOB RESPONDED TO PAIN WITH HUMAN EMOTION



“As surely as God lives, who has denied me justice, the
almighty, who has made my life bitter,”

-Job the Devastated

“God assails me and tears me in his anger and gnashes
his teeth at me,”

-Job the Angry Accuser

“God has made my heart faint; the Almighty has terrified
me.”

-Job the Fearful

“Job opened his mouth and cursed the day of his birth.
And Job said, 'Let the day perish wherein I was born'”.

-Job the Potty Mouth

"Why is light given to him that is in misery, and life to the bitter in soul, who long for death, but it comes not?"

-Job the Wrecked

GET OF OF PAIN FREE CARD



DEFENCE MECHANISMS





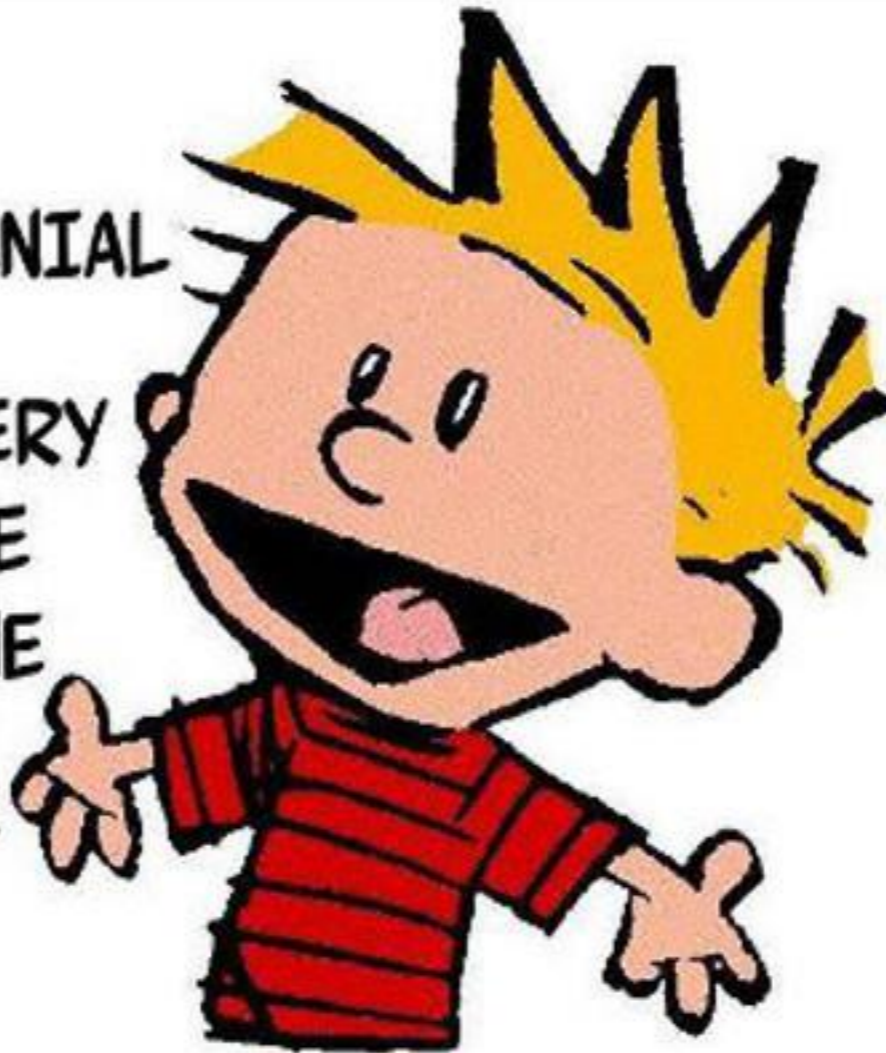
scottthepainter
Disneyland



DENIAL

IT'S NOT DENIAL

I'M JUST VERY
SELECTIVE
ABOUT THE
REALITY
I ACCEPT



MINIMIZING



BLAMING OTHERS



BLAMING YOURSELF



RATIONALIZING



INTELLECTUALIZING



DISTRACTING



BECOMING HOSTILE



Turning towards our pain is counterintuitive. But in fact, the heart of Christianity is that the way to life is through death, the pathway to resurrection is through crucifixion.

Peter Scazzero

PAIN



BIBLICAL GRIEVING

- Pay Attention
- Wait in the confusing in-between
- Embrace the gift of limits
- Climb the ladder of humility

