



**We bring hope and healing for the loss of loved ones.**

### **Quotes to Help the Grieving Soul**

Brokenness changes our desires. Charles Stanley

#### The Trap of Doubt

The Bible says that suffering should not take us by surprise - we live in a fallen world during restoration and redemption. But I've found in my years of counseling (and even in my own heart) that many Christians are unprepared for when suffering enters their door. In moments of suffering, it's tempting to allow yourself to doubt the goodness of God. You'll reason with yourself that somehow, someday, this moment of suffering is evidence that God is less than who He has depicted Himself to be.

Suffering will tempt you to doubt God's goodness and kindness. Suffering will tempt you to doubt His faithfulness and love. Even though you may never speak this aloud, your theology will bring God into the court of your judgment and accuse Him of being unloving and unfaithful to His promises.

Here's why doubt is such a deadly trap: as soon as you begin to question the character of God, you'll quit running to Him for help because you don't go for help to someone whom you no longer trust. If you no longer believe that God is loving, faithful, and gracious, you won't run to Him for hope and peace. Instead, you'll seek out earthly saviors who will provide the supposed rest and comfort you think you need (this could be drugs, people, television, food, or a host of other numbing agents).

There are a host of Scripture verses that remind us that suffering is evidence of God's grace. Those can provide enough of a theological framework in which you can interpret your suffering. But sometimes, you won't find the answers. In your lifetime, you may never know why God allowed it to enter your door. Here's what you always need to remember: you can trust the character of God because He sent Jesus to die for you, even when you were still His opponent. You don't have to doubt the character of the Father because He gave His Son for your hardened heart.

In moments of suffering, don't run away from God in doubt. If you do, you risk missing out on the wonderful blessings of grace that He has made available. Even if those blessings are uncomfortable or even excruciatingly painful, you can run to the Father. He proved His eternal love for you by sending Christ to hang on that bloody Cross.

Paul David Tripp

What suffering are you experiencing? Who do you know who is suffering?

What has God communicated about suffering? Search through Scripture to find verses that teach on the subject.

Why is it tempting to doubt the goodness of God in your specific suffering?

How (apart from the Cross) has God proven to be faithful and loving to you in the past?

What can you gain by running to God in moments of suffering? In the same way, what can you lose by running away from Him?

God trains His soldiers, not in tents of ease and luxury, but by turning them out and using them to forced marches and hard service. He makes them ford through streams, and swim through rivers and climb mountains, and walk many a weary mile with heavy knapsacks on their backs. Well, Christian, may not this account for the troubles through which you are passing? Is not this the reason why He is contending with you?

--C. H. Spurgeon

To be left unmolested by Satan is no evidence of blessing.

Streams in the Desert

Here is the secret of Divine all-sufficiency, to come to the end of everything in ourselves and in our circumstances. When we reach this place, we will stop asking for sympathy because of our hard situation or bad treatment, for we will recognize these things as the very conditions of our blessing, and we will turn from them to God and find in them a claim upon Him.

--A. B. Simpson

Let us thank Him for both, let us take the weights as well as the wings, and thus divinely impelled, let us press on with faith and patience in our high and heavenly calling.

--A. B. Simpson

And so, when God wants to bring more power into your life, He brings more pressure. He is generating spiritual force by hard rubbing. Some do not like it and try to run away from the pressure, instead of getting the power and using it to rise above the painful causes.

Opposition is essential to a true equilibrium of forces. The centripetal and centrifugal forces acting in opposition to each other keep our planet in her orbit. The one propelling, and the other repelling, so act and re-act, that instead of sweeping off into space in a pathway of desolation, she pursues her even orbit around her solar center.

So God guides our lives. It is not enough to have an impelling force--we need just as much a repelling force, and so He holds us back by the testing ordeals of life, by the pressure of temptation and trial, by the things that seem against us, but really are furthering our way and establishing our goings. Streams in the Desert

There is no short cut to the life of faith, which is the all-vital condition of a holy and victorious life. We must have periods of lonely meditation and fellowship with God. That our souls should have their mountains of fellowship, their valley of quiet rest beneath the shadow of a great rock, their nights beneath the stars, when darkness has veiled the material and silenced the stir of human life, and has opened the view of the infinite and eternal, is as indispensable as that our bodies should have food.

Thus alone can the sense of God's presence become the fixed possession of the soul, enabling it to say repeatedly, with the Psalmist, "Thou art near, O God."

--F. B. Meyer

If men would but believe that they are in process of creation, and consent to be made--let the Maker handle them as the potter the clay, yielding themselves in resplendent motion and submissive, hopeful action with the turning of His wheel--they would ere long find themselves able to welcome every pressure of that hand on them, even when it was felt in pain; and sometimes not only to believe but to recognize the Divine end in view, the bringing of a son unto glory.

Not a single shaft can hit,  
Till the God of love sees fit.  
Streams in the Desert

Seeking the Lord is not a quick and occasional encounter, but a wholehearted effort to know Him more intimately and follow Him more closely. Those who unreservedly pursue this kind of fellowship with God are determined to spend time with Him; they also want to forsake anything that could hinder growth in their relationship with the Lord. God's committed followers boldly claim His promises and trust Him to fulfill His Word. Their experiences with the Lord bring amazing satisfaction yet cause them to hunger for more of Him.

The Christian life is meant to be a pursuit of God. To walk through the door of salvation and stand still, never drawing any closer to Him, is to miss the treasures that are available in Christ. Those who seek Him soon discover that knowing Him is the greatest reward of all. Charles Stanley

Let us sing even when we do not feel like it, for in this way we give wings to heavy feet and turn weariness into strength.

--John Henry Jowett

Circumstances can be painful. But even when situations seem overwhelming, believers can trust that our sovereign Lord knows all, is in control, and lovingly works everything for His children's good. We can rest confidently knowing that the unchanging God of all creation is taking care of us. Dr. Charles Stanley

Death strikes the best of our friends: the most generous, the most prayerful, the most holy, the most devoted must die. And why? It is through Jesus' prevailing prayer--"Father, I desire that they also, whom you have given me, may be with me where I am."

It is that which bears them on eagle's wings to heaven. Every time a believer moves from this earth to paradise, it is an answer to Christ's prayer. A good old divine remarks, "Many times Jesus and His people pull against one another in prayer. You bend your knee in prayer and say 'Father, I desire that Your saints be with me where I am'; Christ says, 'Father, I desire that they also, whom you have given me, may be with me where I am.'"

In this way, the disciple is at cross-purposes with his Lord. The soul cannot be in both places: The beloved one cannot be with Christ and with you too. Now, which of the two who plead shall win the day? If you had your choice, if the King should step from His throne and say, "Here are two supplicants praying in opposition to one another," which shall be answered? Oh, I am sure, though it were agony, you would jump to your feet and say, "Jesus, not my will, but Yours be done." You would give up your prayer for your loved one's life, if you could realize the thoughts that Christ is praying in the opposite direction--"Father, I desire that they also, whom you have given me, may be with me where I am."

Lord, You shall have them. By faith, we let them go. Spurgeon

On the day of the Lord--the day that God makes everything right, the day that everything sad comes untrue--on that day, the same thing will happen to your own hurts and sadness. You will find that the worst things that have ever happened to you will in the end only enhance your eternal delight. On that day, all of it will be turned inside out, and you will know joy beyond the walls of the world. The joy of your glory will be that much greater for every scar you bear. So live in the light of the resurrection and renewal of this world, and of yourself, in a glorious, never-ending, joyful dance of grace. Tim Keller

The Apostle Paul knew what Jesus was talking about. He understood it! He received it! He lived it! Here are a few of the things he said about his life in Jesus—I am more than a conqueror through Him; I can do all things through Christ who strengthens me; He causes me to triumph and reign in life.

Paul reminds us that whatever we had going against us in our life without Christ, we have so much more going for us now that we are in Christ. The Gospel truly is a "so much more" salvation.

In the light of this powerful truth, it is good for us to understand what a life of victory in Christ does not mean:

It does not mean things will be easy. Acts 9:16

It does not mean we will never suffer loss. Philippians 3:8

It does not mean everyone will understand and support us. 1 Thessalonians 2:2

It does not mean we will always have plenty. Philippians 4:11-12

It does not mean we will escape persecution. 2 Timothy 3:12

It does not mean the enemy will take a vacation. 1 Peter 5:8

It does not mean we will never need to be comforted. 2 Corinthians 7:6

It does not mean everyone will be pleased with us or understand. Galatians 1:10

But it does mean that we can say with the Apostle Paul, "None of these things move me; neither do I esteem my life dear to myself, if only I may finish my course with joy and the ministry which I have obtained from [which was entrusted to me by] the Lord Jesus, faithfully to attest to the good news (Gospel) of God's grace." Acts 20:24 AMP Roy Lessin

A life without Jesus Christ is filled with the aroma of death but the fragrance of Jesus Christ at work in a life is pleasing and winsome. The knowledge of Christ is a compelling and magnetic fragrance that draws the broken heart and wounded soul to a place of restoration. When God looks at one of His children, I am convinced His heart beats with love, giving off the beautiful aroma of grace and hope. Girlfriend in God

“Comfort, comfort my people...” Isaiah 40:1 (NLT)

In every trial of life, through every difficult circumstance, in testing or persecution, in pain or sorrow, in times of loss and times of tears, in times of sadness and times of loneliness, in times of weakness and times of weariness, God is our Comforter.

What does God do when He comforts you?

He calls you near and draws you close. He speaks and reassures. He soothes, calms, supports, and consoles. He strengthens you with peace and quiets you with hope.

God comforts you with reassurance—holding you up and strengthening you to take the next step.

He comforts you with understanding—assuring you that He knows your need and will not leave you.

He comforts you with compassion— keeping you ever-close to Him.

He comforts you with hope—confirming to your heart that He is working all things together for the good.

God comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:4 (NKJV) Roy Lessin

We may be sure that He who permits the suffering is with us in it. It may be that we shall see Him only when the trial is passing; but we must dare to believe that He never leaves the crucible. Our eyes are holden, and we cannot behold Him whom our soul loveth. It is dark--the bandages blind us so that we cannot see the form of our High Priest; but He is there, deeply touched. Let us not rely on feeling, but on faith in His unswerving fidelity; and though we see Him not, let us talk to Him. Directly we begin to speak to Jesus, as being literally present, though His presence is veiled, there comes an answering voice which shows that He is in the shadow, keeping watch upon His own. Your Father is as near when you journey through the dark tunnel as when under the open heaven!

--Daily Devotional Commentary

Every point of battle to which you come, where you must draw your sword and fight the enemy, has a possible victory which will prove a rich blessing to your life. Every heavy load that you are called to lift hides in itself some strange secret of strength.

--J. R. Miller

If you are in the deep shadows because of some strange, mysterious providence, do not be afraid. Simply go on in faith and love, never doubting. God is watching, and He will bring good and beauty out of all your pain and tears.

--J. R. Miller

And so we can just pour out the fullness of our heart, the burden of our spirit, the sorrow that crushes us, and know that He hears, He loves, He understands, He receives; and He separates from our prayer all that is imperfect, ignorant and wrong, and presents the rest, with the incense of the great High Priest, before the throne on high; and our prayer is heard, accepted and answered in His name.

--A. B. Simpson

“The pressure of hard places makes us value life. Every time our life is given back to us from such a trial, it is like a new beginning, and we learn better how much it is worth, and make more of it for God and man. The pressure helps us to understand the trials of others and fits us to help and sympathize with them.

There is a shallow, superficial nature, that gets hold of a theory or a promise lightly, and talks very glibly about the distrust of those who shrink from every trial; but the man or woman who has suffered much never does this, but is very tender and gentle, and knows what suffering really means. This is what Paul meant when he said, "Death worketh in you."

Trials and hard places are needed to press us forward, even as the furnace fires in the hold of that mighty ship give force that moves the piston, drives the engine and propels that great vessel across the sea in the face of the winds and waves.

--A. B. Simpson

And then, when pressed with burdens and troubles too complicated to put into words and too mysterious to tell or understand, how sweet it is to fall back into His blessed arms, and just sob out the sorrow that we cannot speak!

--Selected

Our Father, who seeks to perfect His saints in holiness, knows the value of the refiner's fire. It is with the most precious metals that the assayer takes the most pains, and subjects them to the hot fire, because such fires melt the metal, and only the molten mass releases its alloy or takes perfectly its new form in the mold. "Streams in the Desert

The old refiner never leaves his crucible, but sits down by it, lest there should be one excessive degree of heat to mar the metal. But as soon as he skims from the surface the last of the dross, and sees his own face reflected, he puts out the fire.

--Arthur T. Pierson

Yet, even confining the judgment within the hour of this life, it is true that God never touches the heart with a trial without intending to bring upon it some grander gift, some tenderer benediction. He has attained to an eminent degree of Christian grace who knows how to wait.

—Selected

Is yours the night of discouragement and fancied or actual failure? No one understands you, your friend's reproach; but your Maker draws nigh, and gives you a song—a song of hope, the song which is harmonious with the strong, deep music of His providence. Be ready to sing the songs that your Maker gives.

—Selected

When sorrow comes under the power of Divine grace, it works out a manifold ministry in our lives. Sorrow reveals unknown depths in the soul and unknown capabilities of experience and service. Gay, trifling people are always shallow, and never suspect the little meannesses in their nature. Sorrow is God's plowshare that turns up and subsoils the depths of the soul that it may yield richer harvests. If we had never fallen or were in a glorified state, then the strong torrents of Divine joy would be the normal force to open up all our souls' capacities; but in a fallen world, sorrow, with despair taken out of it, is the chosen power to reveal ourselves to ourselves. Hence it is sorrow that makes us think deeply, long, and soberly.

Sorrow makes us go slower and more considerately and introspect our motives and dispositions. It is sorrow that opens up within us the capacities of the heavenly life, and it is sorrow that makes us willing to launch our capacities on a boundless sea of service for God and our fellows. Streams in the Desert

Shall I refuse to drink the cup of sorrow which the Father has given me to drink? (John 18:11, Weymouth).

God takes a thousand times more pains with us than the artist with his picture, by many touches of sorrow, and by many colors of circumstance, to bring us into the form which is the highest and noblest in His sight, if only we receive His gifts of myrrh in the right spirit.

But when the cup is put away, and these feelings are stifled or unheeded, a greater injury is done to the soul that can ever be amended. For no heart can conceive in what surpassing love God giveth us this myrrh, yet this which we ought to receive to our souls' good we suffer to pass by us in our sleepy indifference, and nothing comes of it.

Then we come and complain: "Alas, Lord! I am so dry, and it is so dark within me!" I tell thee, dear child, open thy heart to the pain, and it will do thee more good than if thou wert full of feeling and devoutness. --Tauler Streams in the Desert

When you lose a loved one in the Lord to the Lord, you have indeed lost — at least for now. But that brother or sister has gained, and so has Jesus (Philippians 2:20–23). We may shed enough tears to fill buckets, but those streams of tears running down our cheeks will glisten with joy when we realize that our loved one's death is nothing less than an answer to Jesus's prayer.

The death of a dear loved one in the Lord may present one of the greatest tests of our faith. But can we trust that our loved one is better off with the Beloved? Will we believe that the Son of God is reaping the fruit of his work for sinners? If we do, then our grief is godly grief, and Jesus will turn our sorrow into great joy (John 16:20).

"Precious in the sight of the Lord is the death of his saints" (Psalm 116:15), and it can be for us too when we cling to the hope that death will never win (1 Corinthians 15:54–55). Jesus grieved himself so that we will never have to endure hopeless grief in the face of death. Mark Jones

Groaning's which cannot be uttered are often prayers which cannot be refused."C. H. Spurgeon



Let us, by our Forerunner, send forward our anchor, Hope, within the veil that parts us from the unseen; where it will grapple in ground and will not yield, but hold until the day dawns, and we follow it into the haven guaranteed to us by God's immutable counsel.

--F. B. Meyer

Be assured, if you walk with Him and look to Him and expect help from Him, He will never fail you. An older brother who has known the Lord for forty-four years, who writes this, says to you for your encouragement that He has never failed him. In the greatest difficulties, in the heaviest trials, in the deepest poverty and necessities, He has never failed me; but because I was enabled by His grace to trust Him He has always appeared for my help. I delight in speaking well of His name. --George Mueller

The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.

--George Mueller

May it not be the same with us in our weaving? Sometimes it is very dark. We cannot understand what we are doing. We do not see the web we are weaving. We are not able to discover any beauty, any possible good in our experience. Yet if we are faithful and fail not and faint not, we shall some day know that the most exquisite work of all our life was done in those days when it was so dark. Streams in the Desert

If you are in the deep shadows because of some strange, mysterious providence, do not be afraid. Simply go on in faith and love, never doubting. God is watching, and He will bring good and beauty out of all your pain and tears.

--J. R. Miller

Some day, God is going to reveal the fact to every Christian, that the very principles they now rebel against, have been the instruments which He used in perfecting their characters and molding them into perfection, polished stones for His great building yonder.

--Cortland Myers

Suffering is a wonderful fertilizer to the roots of character. The great object of this life is character. This is the only thing we can carry with us into eternity... To gain the most of it and the best of it is the object of probation.

--Austin Phelps

"By the thorn road and no other is the mount of vision won."

"Oh, when we are journeying through the murky night and the dark woods of affliction and sorrow, it is something to find here and there a spray broken, or a leafy stem bent down with the tread of His foot and the brush of His hand as He passed; and to remember that the path He trod He has hallowed, and thus to find lingering fragrance and hidden strength in the remembrance of Him as "in all points tempted like as we are," bearing grief for us, bearing grief with us, bearing grief like us."

- Alexander MacLaren



"Never does a man know the force that is in him till some mighty affection or grief has humanized the soul."

- Frederick W. Robertson

You don't really know Jesus is all you need until Jesus is all you have. Tim Keller

But resurrection is not just consolation — it is restoration. We get it all back — the love, the loved ones, the goods, the beauties of this life — but in new, unimaginable degrees of glory and joy and strength. Tim Keller

While other world views lead us to sit in the midst of life's joys, foreseeing the coming sorrows, Christianity empowers its people to sit in the midst of this world's sorrows, tasting the coming joy. Tim Keller

No man who is fit to live need fear to die. To us here, death is the most terrible thing we know. But when we have tasted its reality, it will mean to us birth, deliverance, a new creation of ourselves. It will be what health is to the sick man; what home is to the exile; what the loved one given back is to the bereaved. As we draw near to it, a solemn gladness should fill our hearts. It is God's great morning lighting up the sky. Our fears are the terror of children in the night. The night with its terrors, its darkness, its feverish dreams, is passing away; and when we awake, it will be into the sunlight of God. Thomas Fuller

The sweetest scents are only obtained by tremendous pressure; the fairest flowers grow amid Alpine show-solitudes; the fairest gems have suffered longest from the lapidary's wheel; the noblest statues have borne most blows of the chisel. All, however, are under the law. Nothing happens that has not been appointed with consummate care and foresight."

F.B. Meyer

Our God is Jehovah of hosts, who can summon unexpected reinforcements at any moment to aid His people. Believe that He is there between you and your difficulty, and what baffles you will flee before Him, as clouds before the gale. F.B. Meyer

As the weights of the clock, or the ballast in the vessel, are necessary for their right ordering, so is trouble in the soul-life."

F.B. Meyer

God incarnate is the end of fear, and the heart that realizes that He is in the midst... will be quiet in the middle of alarm."

F.B. Meyer

As we pour out our bitterness, God pours in his peace."

F.B. Meyer

You will tell the others that I am going home a little sooner than I thought. Then tell them not to talk about the servant but to talk about the Savior."

F.B. Meyer

Tears are the material out of which heaven weaves its brightest rainbow."

F.B. Meyer

Suffering:

Suffering is one of the great instruments in God's hands to continue to reveal to us our dependence on him and our hope in him. God is good to give us the greatest gift he can give us, which is more of himself, and he's good; however, he chooses to deliver that gift. Dave Zulegar

Charles Spurgeon once said this about suffering:

It would be a very sharp and trying experience to me to think that I have an affliction which God never sent me, that the bitter cup was never filled by his hand, that my trials were never measured out by him, nor sent to me by his arrangement of their weight and quantity.

Now we have known unimaginable depths. The sorrow that flowed that week is an unspeakable thing. And we can truthfully say the Lord is good in both the joy and the sorrow, if not greater in the sorrow. That was what we tried to point to all week.

That we do not hope in our children. That we do not hope in each other. That we do not hope in our friends or our families or in anything outside the crucifixion and resurrection of Jesus. That is all. In Christ alone. This was a wild reminder of that. One we didn't want, but always need. Kyle Porter