

**Handle with Care:**  
**Our Grief**  
**February 8, 2026**  
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## **I. God Can Experience Grief**

“...the Lord regretted that he had made man on the earth, and he was deeply grieved.”  
Genesis 6:6 (CSB)

“And don’t grieve God’s Holy Spirit. You were sealed by him for the day of redemption.”  
Ephesians 4:30 (CSB)

“When Jesus saw her crying, and the Jews who had come with her crying, he was deeply moved in his spirit and troubled. ‘Where have you put him?’ he asked. ‘Lord,’ they told him, ‘come and see.’ Jesus wept.”  
John 11:33-35 (CSB)

## **II. A Key to Processing Grief—Our Focus**

A general structure of Lament:

1. Address God, naming his attributes/promises
2. Give voice to your honest complaint—describe your suffering
3. A confession of trust in God
4. A plea for deliverance
5. Closing praise/thanksgiving

Examples:

- Psalm 13
- Psalm 73

## **III. A Process in Both Scripture and Life: Orientation, Disorientation, Reorientation**

## **IV. Acknowledging Grief Can Bring Freedom**

## **V. Processing Our Grief Through Lament is Worship**

“Though the fig tree does not bud and there is no fruit on the vines, though the olive crop fails and the fields produce no food, though the flocks disappear from the pen and there are no herds in the stalls, *yet I will celebrate in the Lord; I will rejoice in the God of my salvation!* The Lord my Lord is my strength; he makes my feet like those of a deer and enables me to walk on mountain heights!”

Habakkuk 3:17-19 (CSB, emphasis added)