



January 17, 2021

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What the Bible says about Overcoming grief

Grief is an emotion common to the human experience, and we witness the process of grief throughout the Bible. Multiple Bible characters experienced deep loss and sadness, including Job, Naomi, Hannah, and David. Even Jesus mourned (John 11:35; Matthew 23:37-39). After Lazarus died, Jesus went to the village of Bethany, where Lazarus was buried. When Jesus saw Martha and the other mourners weeping, He also wept. He was moved by their grief and also by the fact of Lazarus' death. The astounding thing is that, even though Jesus knew He was going to raise Lazarus from the dead, He chose to partake of the grief of the situation. Jesus truly is a high priest who can "sympathize with our weaknesses." (Hebrews 4:15)

One step in overcoming grief is having the right perspective on it. First, we recognize that grief is a natural response to pain and loss. There is nothing wrong with grieving. Second, we know that times of grief serve a purpose. Ecclesiastes 7:2 "it is better to go the house of mourning than to go to the house of feasting, for this is the end of all mankind, and living will lay it to heart." This verse implies that grief can be good because it can refresh our perspective on life. Third, we remember that feelings of grief are temporary. "Weeping may remain for a night, but rejoicing comes in the morning." (Psalm 30:5). There is an end of mourning. Grief has its purpose, but it also has its limit.

Through it all, God is faithful. There are many Scriptures that remind us of God's faithfulness in times of mourning. He is with us even in the valley of the shadow of death (Psalm 23:4). When David sorrowed, he prayed in Psalm 56:8; "You have kept count of my tossings; put my tears in your bottle. Are they not in your book?" The touching image of God catching our tears is full of meaning. He sees our grief and doesn't disdain it. Like Jesus entered into the grief of the mourners in Bethany, God enters into our grief. At the same time, He reassures us that all is not lost. Psalm 46:10 reminds us to "be still" and rest in the knowledge that He is God. He is our refuge (Psalm 91:1-2). He works all things together for good of those He has called. (Romans 8:28).

An important part of overcoming grief is expressing it to God. The Psalms contain numerous examples of pouring out one's heart to God. Interestingly, the psalmist never ends where he began. He may start a psalm with expressions of grief, but, almost invariably, he will end it with praise. (Psalm 13; Psalm 23; Psalm 30; Psalm 56) God understands us. When we commune with Him, we are able to open our minds to the truth that He loves us, that He is faithful, that He is in control, and that He knows how His is going to work it out for our good.

Another important step in overcoming grief is to share it with others. The body of Christ is designed to ease the burden of its individual members (Galatians 6:2), and fellow believers have the ability to "mourn with those who mourn" (Romans 12:15). Often, the grieving tend to shun others, increasing feelings of isolation and misery. It is much healthier to seek counseling, group settings can be invaluable. When we share our stories with God and others, our grief is lessened.

Sadly grief is a part of the human experience. Loss is a part of life, and grief is a natural response to loss. But we have the hope of Christ, and we know that He is strong enough to carry our burdens (Matthew 11:30). In grief, we cast our burdens on Him, rely on our church family, delve into the truth of the Word, and ultimately experience hope (Hebrews 6:19-20).



Psalm 23

The Lord is my Shepherd - That's Relationship!
 I shall not want - That's Supply!
 He maketh me to lie down in green pastures - That's Rest!
 He leadeth me beside the still waters - That's Refreshment!
 He restoreth my soul - That's Healing!
 He leadeth me in the paths of righteousness - That's Guidance!
 For His name sake - That's Purpose!
 Yea, though I walk through the valley of the shadow of death - That's Trust!
 I will fear no evil - That's Protection!
 For Thou art with me - That's Faithfulness!
 Thy rod and Thy staff they comfort me - That's Discipline!
 Thou preparest a table before me in the presence of mine enemies - That's
 Thou anointest my head with oil - That's Consecration!
 Thy cup runneth over - That's Abundance!
 Surely goodness and mercy shall follow me all the days of my life - That's B!
 And I will dwell in the house of the Lord - That's Security!
 forever - That's Eternity!

To God be the Glory...

*Upcoming
 Memorials/
 Celebration of Life*

*Thursday, January 21 at 11:00 am
 Memorial for Marie Baumgartner*

*Friday, January 29 at 11:00 am
 Memorial for Paul Giroski*

Reminder.....
Please call all calls to Pastor
go through the office.



Sermon Notes

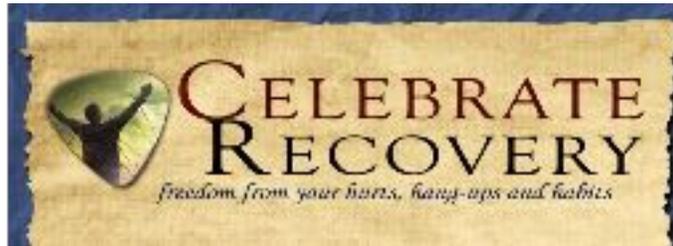


- Sunday 1/17**
 8:30 am
 * Choir / Music Practice 9:30 - 10:30 am
 * Sunday School - ALL Ages 10:40 am
 *Worship
 *Children's Worship
 * Nursery
- Wednesday 1/20**
 5:30 pm
 * Prayer Warriors Meet 6:30 pm
 *Worship Service
 *Youth Bible Study
- Thursday, 1/21**
 11:00 am
 *Memorial for Marie Baumgartner
- Friday, 1/22**
 1:00 - 2:30
 *Food Pantry
 6:30 pm
 *Youth Lock-In
- Saturday, 1/23**
 9:30 am
 KKV 1060 am
 "The Unashamed"
 12:00 pm
 *Mixed Bible Study
 5:00 pm
 *Choir Rehearsal



Desert Hills Baptist Church
MIXED ADULTS BIBLE STUDY
 SATURDAYS @ 12:00 PM
 Led By Jody Brown
We are studying the book of Philippians
 * Please Bring a Snack Lunch!

COVID-19
Community UPDATE
DHBC Protocol Reminder
 If you have been in contact recently with someone who tests positive for Covid-19, please quarantine yourself for 14 days. Please let us know and we will see you upon your return!



Celebrate Recovery and Life Coaching will be by phone for time being. If you are in need of counseling from Jack Anderson, please call him directly or the office and we will get message to him. This will make all feel more secure and safe knowing help is phone call away.



The staff of Desert Hills Baptist Church is committed to being available to assist you. If you have a general or specific need, please contact us through the church website or telephone.

www.deserthillsbaptist.com

Go to our WebSite to contact a staff member below -

- R. Scott Hocker, Pastor
- Roger D. Johnson, Assoc. Pastor, Student Ministries
- Zach Hocker, Youth Director
- Judy Bowen, Pastoral Assistant/Chief Administrative Officer
- Lana Sanchez - Pastoral Assistant/Office Manager
- Dave Brown, Communications Director
- Gary Helton, Outreach & Electronic Ministry
- Bill Hughes, IT Ministry
- Alasha Woods, Sunday School & Education Ministry
- Shannon Ackerman, Deacon/College & Career Minister
- Vivian Baker & Linda Howard, Sr. Adult Ministry
- Judy Bowen, Mixed Adult Ministry
- Lana Paz, Worship Ministry/Children Ministry
- Princess Moormann, Preschool Ministry
- Barbara Harper, Ladies Outreach Ministry
- Nancy Jones, PALS (Widow's Ministry)
- Jack Anderson, Celebrate Recovery
- Bill & Lisa Whennen, Food Pantry Ministry
- Les Turner, Veterans Ministry
- Kim Gillespie, Domestic Resource Liaison



Desert Hills Office Hours

Mon, Tues, Thurs
 10:00am - 4:00 pm
 Wednesday
 12:00 - 5:30 pm
 Friday
 10:00 am - 3:00 pm

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