

## LIVING HOPE

### 1 Thessalonians 4 v 13, 14

Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him.

## PRAYER



Thank you Lord for the confidence you give us for loved ones that have fallen asleep in Christ. Thank you that we are not without hope that we will be reunited in glory. Thank you that as Jesus died and rose again and so all who fall asleep in Him will also be raised to new life. Lord, help me to hold on to this amazing hope in you and that so not grieve like the rest of men that have no hope. Let this promise be my comfort and strength. AMEN

## NO MORE TEARS

### 2 Timothy 1 v 9b, 10

This grace was given us in Christ Jesus before the beginning of time, but it has now been revealed through the appearing of our Saviour, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel.

## PRAYER



Here Lord, is my hope, my confidence. This is what I will cling to, that by his resurrection Christ Jesus has destroyed death and brought life and immortality to light through the gospel. The destroyer, the last enemy is destroyed and in Christ there is eternal life. Hallelujah. AMEN

### Revelation 7 v 15- 17

..they are before the throne of God and serve Him day and night in His temple; and He who sits on the throne will spread His tent over them. Never again will they hunger; never again will they thirst. The sun will not beat upon them, nor any scorching heat. For the Lamb at the centre of the throne will be their shepherd; He will lead them to springs of living water. And God will wipe away every tear from their eyes.

### Revelation 21 v 4

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

## PRAYER



Lord, please wipe away every tear from my eyes. Help me to remember that one day there will be no more death or mourning; no more crying or pain, because the old order of things will have passed away. Thank you that Christ Jesus will return and bring an end to all this pain. There will be springs of living water and no more tears, the old will have gone and the new will have come. Lord, I long for that day and until it comes, or you call me home I will live in hope. AMEN

READINGS & PRAYERS

## TO HELP THROUGH BEREAVEMENT

“ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ”

Psalm 23 v 4

# OVERCOMING BEREAVEMENT

## THE LORD IS MY SHEPHERD

### Psalm 23 v 1-4

The LORD is my shepherd, I shall not want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.

He guides me in paths of righteousness for His name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.

### PRAYER



Father God I thank you that I can turn to your promise in scripture that as I walk through the valley of the shadow of death you will be with me. As I suffer this pain of loss I take comfort that you have been there before me. You know the pain and sorrow and sense of loss I feel. You are here, right beside me, comforting me, loving me and so I need have no fear, but can trust in you. Thank you that I am going through the valley, not stuck in it and that I do not travel this dark path alone for you, my shepherd, walk with me. Because you are here I know I will lack nothing. You will bring me through these tears and once again to green pastures and quiet waters. So, Lord, I gladly cling to your promise of comfort. AMEN

## THE LORD TURNS DARKNESS TO LIGHT

### Job 17 v 7

My eyes have grown dim with grief; my whole frame is but a shadow.

### Lamentations 3 v 32, 33

Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men.

### 2 Samuel 22 v 29

You are my lamp, O LORD; the LORD turns my darkness into light.

### PRAYER



Lord this grief is just like an ache in my bones that nothing can ease. My eyes have grown dim; my whole frame is but a shadow. I can't sleep, I have no appetite, no concentration, no interest in anything, nothing before me but this big, solid, black mass of grief. It engulfs me, crushes me and overwhelms me. Heavenly Father, Your word tells me that you do not willingly bring affliction or grief but that you will show compassion, so great is Your unfailing love. I gasp and grasp for that now Lord. Please let me know something of your compassion; do not let your love fail me. You are my lamp, O Lord; please turn my darkness into light. AMEN

### Psalm 61 v 1-4

Hear my cry, O God; listen to my prayer. From the ends of the earth I call to You, I call as my heart grows faint; lead me to the rock that is higher than I. For You have been my refuge, a strong tower against the foe. I long to dwell in your tent forever and take refuge in the shelter of your wings.

### PRAYER



Lord, in these dark hours when sleep just won't come I cry out to you. My heart is faint and I'm not sure that I even want to go on. I don't want to face the future. Lord my heart is torn apart and I need somewhere to hide, some refuge. Please be my rock that doesn't move. Please be my refuge, my strong tower. May I hide in you Lord and take shelter under your wings of love. AMEN

## LIVING HOPE

### Romans 8 v 38, 39

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### PRAYER



Lord God, I find so little solid ground on which to stand at this time of bereavement. My whole life has turned upside down and nothing will ever be the same again. My loved one has gone and the pain is terrible, but I cling to this incredible promise that they are not separated from your love. Lord I claim this same promise for myself and my family, that neither death nor life, not anything else in all creation will be able to separate us from your love for us in Christ Jesus our Lord. By your grace, Lord, I will stand on this solid ground. AMEN