

THE  
LAMENT  
OF SELF  
PITY



GRIEF is our reaction to LOSS. It is triggered by any type of loss. The temptation to focus on self pity is a very common ingredient of grief. **It is never helpful toward healing!**

**WE TEND TO THINK:**

A) I should not have to **suffer loss**.

*“I have been deprived of peace. My prosperity is now forgotten.” (3:17)*

- We live in a fallen, frustrating world.  
(Rom. 8:20)
- Suffering and loss will come your way!  
(Rom. 8:20)
- Get over it and rise above it!  
(John 16:33)

You are talking like a foolish woman.  
Shall we accept good from God and not  
trouble? (Job 2:10)

B) When I do suffer loss, **no one** **understands** how sad/angry I feel.

*“Is it nothing to you, all you who pass by?” (1:12)*

You “trial by fire” [peirosmas] is  
**common to man.** (1 Cor. 10:13)



C) No one else's loss is quite so **personal** or **devastating** as mine.

*“The punishment of my people is greater than the punishment of Sodom ...” (4:6)*

Folks express grief in many different ways. Some use resources that others do not. But the PAIN OF LOSS is equally traumatic.

D) **Someone** should make my grief **go away!**

*“People have heard my groaning but there is no one to comfort me.” (1:21)*

Ultimately, healing of grief is a work only God can do in your heart.

Praise be to God ... The Father of compassion and God of all comfort, who comforts us in all our troubles. (II Cor. 1:3-4)

This is **spiritual work** which YOU **must take on** ... prayer, trust, surrender.

Cast all your anxiety on him because he cares for you ... The God of all grace who called you to his eternal glory in Christ, after you have suffered for a little while, will HIMSELF restore you and make you strong, firm and steadfast. (1 Peter 5:7, 10)

E) My grief entitles me to **withdraw** into my private pain.

*“The elders sit on the ground in silence ... dust and sack cloth. The women have bowed their heads to the ground.” (2:10)*

How can people ENCOURAGE you when you withdraw from people?

- If you are a member of the body of Christ, you **belong** to others and they **belong** to you. Allow those who are gifted in encouragement to encourage **you!**



F) My grief entitles me to avoid **serving** others, even avoid **worship** of God.

*“The elders are gone from the city gate.  
The young men have stopped their  
music” (5:14)*

Serving others while you grieve will help you immensely.

- As you comfort others, God will comfort you!
- Your own loss is kept in perspective when you are addressing the problems of other folks.

... The God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. Just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. (II Cor. 1:3-5)