

God's Seven Permissions in Grief

1: God gives us permission to be mad at him.

*"Therefore I will not restrain my mouth;
I will speak in the anguish of my spirit;
I will complain in the bitterness of my soul."*

Job 7:11 (ESV)

2: God gives us permission to doubt him.

*"Will the Lord spurn forever,
and never again be favorable?
Has his steadfast love forever ceased?
Are his promises at an end for all time?
Has God forgotten to be gracious?
Has he in anger shut up his compassion?"*

Psalms 77:7-9 (ESV)

3: God gives us permission to cry.

"Jesus wept." John 11:35 (ESV)

4: God gives us permission to give our worries over to Him.

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. 1 Peter 5:6-7 (ESV)

5: God gives us permission to grieve with others.

"Then [Jesus] said to them, 'My soul is very sorrowful, even to death; remain here, and watch with me.'" Matt 26:38 (ESV)

6: God gives us permission to pray for peace, healing, and relief from our grief.

"[D]o not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7 (ESV)

7: God gives us permission to believe in Him and find hope in Heaven.

"He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." Rev. 21:4 (ESV)