

Lifting the Veil of Grief

Psalm 30:11-12

Psalm 30:11 (NKJV)

You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness,

Psalm 30:12 (NKJV)

To the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever.

1. God Understands the Feelings of Grief

Psalm 30:3 (NKJV)

O Lord, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit.

Psalm 30:7-8 (NKJV)

You hid Your face, and I was troubled. I cried out to You, O Lord; and to the Lord I made supplication.

Psalm 30:10 (NKJV)

Hear, O Lord, and have mercy on me; Lord, be my helper!"

Psalm 119:28 (NKJV)

My soul melts from heaviness; Strengthen me according to Your word.

Isaiah 53:3 (NKJV)

He is despised and rejected by men, a Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him.

John 11:35 (NKJV)

Jesus wept.

2. God Enters the Process of Grief

Psalm 30:5 (NKJV)

For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning.

Psalm 6:2 (NKJV)

Have mercy on me, O Lord, for I am weak; O Lord, heal me, for my bones are troubled.

Psalm 6:3 (NKJV)

My soul also is greatly troubled; But You, O Lord—how long?

Psalm 6:6-7 (NKJV)

I am weary with my groaning; All night I make my bed swim; I drench my couch with my tears. My eye wastes away because of grief.

3. God Transforms the Experience of Grief

Psalm 30:11 (NKJV)

You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness,

Psalm 30:12 (NKJV)

To the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever.

Jeremiah 31:13 (NKJV)

For I will turn their mourning to joy, will comfort them, and make them rejoice rather than sorrow.

1 Thessalonians 4:13 (NKJV)

But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope.

Revelation 21:4 (NKJV)

And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.