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Messages in Marvel Week of July 11th

*“WandaVision – Navigating Through Grief”* Shawn Shirley

**Loss is unavoidable, but grief is a choice**

**Grief is healthy**

**God grieves with me**

(Psalm 34:18) The Lord is close to the brokenhearted and saves those who are crushed in spirit.

**Grief is healed in community**

(Galatians 6:2) Carry each other’s burdens, and in this way you will fulfill the law of Christ.

(Romans 12:15) Rejoice with those who rejoice; mourn with those who mourn.

**Grief takes time**

**You don’t get over grief, you get through it**

(Ecclesiastes 3:4) A time to weep and a time to laugh, a time to mourn and a time to dance,

(Matthew 5:4) Blessed are those who mourn, for they will be comforted.

**The reason we do not grieve is fear**

(Psalms 23:4) Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

**What have I really lost?**

**Have the courage to lament**

**Lament- A passionate expression of grief of God**

(Psalms 88) …Darkness is my only friend…

**Ask Jesus to heal your broken heart**

(Psalms 103:13-14) As a father has compassion on his children, so the Lord has compassion on those who fear him; 14 for he knows how we are formed, he remembers that we are dust.

(Luke 4:18) “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free,