



Grief and the Gospels: Keys to Overcoming Grief with the Word of God
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I. **Basic Definitions**

- a. **Sadness:** Results from coming into contact with evil contrary to our will
- b. **Joy:** Results from the conscious experience/embrace of a desired good
- c. **Anxiety:** Results from an inordinate desire to be freed from a present evil or to acquire a good hoped for

II. **Grief**

- a. **Key Bible Verse**-“For godly grief produces a repentance that leads to salvation and brings no regret, but worldly grief produces death.” (2Cor. 7:10).
- b. We must choose godly grief instead of worldly grief
- c. Once we choose godly grief we can begin the journey from grief to joy
- d. By embracing the good, that is God, you allow the fruits of the Holy Spirit to bear fruition in you even amidst your grief

III. **Journey from Godly grief to joy**

- a. **Look at the Big Picture: *Longanimity and Patience***-Realize it’s a journey that will have it’s ups and downs, good and bad (Genealogy of Jesus-Matt. 1: 1-18; Lk. 3:23-38)
- b. **Begin to Focus on Good times, not just the bad: *Goodness*** (Light shines in darkness and our share in that light-Jn. 1:5; 8:12-20)
- c. **By focusing the good, we remember God is faithful and this allows to know it’s okay to Cry and pray: *Faithfulness***-Rachel and Bethlehem (Matt. 2:1; Gen. 35:16-20/Jer. 31:15-16)
- d. **This disposes us to moving forward and accessing peace: *Peace and Chastity***-Jesus is presented in the Temple (Lk. 2:41-51)
- e. **Remember God is in control, not you: *Modesty***- Let your heart not be troubled(Jn. 14:27)
- f. **Let go of anger and focus on doing the good:*Gentleness (mildness)***-Raising of Jarius daughter (Mk. 5:22-43)
- g. **Together with God; you can be brought back to life: *Self-control(continnence)***-Raising of Lazarus (Jn. 11:1-44)
- h. **Say Amen: *Kindness/charity/joy*** - The crucifixion(Lk. 22: 39-46; Jn. 19:25-27)

Appendix: Fruits of the Holy Spirit (definitions)

1. **Charity (or Love):** Charity encompasses our love for God and of our neighbors. This kind of love is not simply a passing feeling or infatuation. It is an unconditional kind of love that expects nothing in return. It puts the needs of others before our own and it manifests in concrete actions toward God and other people.
2. **Joy:** We all want to be happy but the happiness found in earthly things is fleeting. The joy that is part of the 12 fruits is not an emotional state. Rather, it is a lasting kind of happiness that can only be realized when we put God at the center of our lives and if we believe that we will live our eternal life with Him.
3. **Peace :** Peace is tranquility that can be experienced when we put our complete trust in God. When we rely on God, we believe that he will provide for our needs and this relieves us from any anxious thoughts about the future.
4. **Patience:** Patience allows us to have compassion over people in spite of their flaws and weaknesses. This fruit comes from an understanding of our own imperfect state and how God has given us His unconditional love and mercy so we should do the same for others.
5. **Kindness:** Kindness or benignity is more than being kind to others. It is having a heart that is willing to do acts of compassion and give to others above and beyond what we owe to them.
6. **Goodness:** Being good involves constant renouncing of evil in our day to day actions. When we are good, we are constantly seeking the path of righteousness and strive to do God's will even at the expense of earthly success.
7. **Longanimity:** Longanimity is being patient even when being provoked. While patience involves tolerance, longanimity means enduring quietly and remaining steadfast in the midst of attacks of others.
8. **Mildness:** To be mild in behavior means having a heart of forgiveness and grace. It means not being easily provoked and choosing a response of meekness and peace rather than one that leads to revenge.
9. **Faith:** Faith is at the core of our Christianity. To have faith means living according to the will of God and believing that He is the master of our life.
10. **Modesty:** Being modest means being humble. It is believing that any of our successes, blessings and talents are gifts from God. It also means being content with what we have and not harbor any selfish ambitions.
11. **Continnence:** Continnence means having temperance and self-control. It does not mean denying ourselves from what we need or want, it is the ability to exercise moderation in everything we do.
12. **Chastity:** Chastity means giving ourselves to Christ completely whether as a priest, religious or layman. All vocations are called to have chaste in their way of living.

