

How To Handle Bereavement

by

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July 29, 2014

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I am so grateful to the editor of the *Christian Courier* for the good work by being so much concerned as far as Bereavement issue is concerned. We are able to read and learn of those who have lost their beloved ones so that we can pray and share the pain with them. I lost my son Moses Keya two months ago. I also read and learn of others who passed away, like Margie Ann Queen, Cheryl Darlene Warford, in the June, 2014, *Christian Courier*.

Since the pale of death pierces every mortal, it is necessary for all of us to learn how to handle bereavement. In my life I have admired with respect the courage that has been shown by many Christians through hours of sorrow. Below are some important things others have used in dealing with grief: -

1. Express your emotions

As a Christian you should not remain unmoved by the loss of a loved one. It is quite different between suppressing one's emotions and losing one's self-control. The Bible does not say, "Sorrow not"; but it says, "*Sorrow not as others who have no hope*" (1 Thess. 4:13).

2. Seek the aid of your friends

The presence of friends is very important because it provides encouragement. When Paul came near Rome the brethren came to meet him and he "*thanked God and took courage*" (Acts 28:15)

3. Compel yourself to be with people

Some people may prefer to retreat into the refuge of privacy; this might not help very much other than to associate with others. David did (2 Samuel 12:19-23).

4. Avail yourself of spiritual resources

Though you may not have time to realize the importance of scriptures and their comfort, how this can help in building your faith. Whenever there is need to comfort yourself during the time of bereavement read the Book of Job (Job 1:21-22).

5. Don't dwell very much to "What might have been"

Both Mary and Martha said, "*If thou hadst been here my brother had not died.*" (John 11:21-32). I have been thinking about this for the two

months now, till I realized that whatever I may think or say or do nothing will change the reality.

6. Choose and pursue worthwhile tasks

Once you have recovered from the initial shock get busy at other things. Resolve like Paul to “*reach forth unto the things which are before*” (Phil. 3:13). We have the Great Commission to be fulfilled or accomplished (Matt. 28:19-20; Mark 16:15-17).

7. Be careful and thoughtful when making decisions

Some people jump hastily into deciding what to do for their future rather than waiting until he has regained a proper perspective of life. Don't be in hurry but make prayerful decisions.

8. Increase your trust in God

Christians who have come through there sorrows with deeper faith can verify that God, who rules over all, truly does make all things work together for good (Romans 8:28).

After the crisis of grief, you can serve God more fully. Like Paul, you can also now thank God for the comfort received knowing that it has now given you the ability and strength to comfort others who are in trouble (2 Corinthians 1:4).

Lastly, but not the least, I thank all Christians friends those who came personally, those who called through phones, those who sent e-mails letters, those who prayed for me and my family, those who supported me financially and finally those who provided material things like food, water and other things to accommodate many visitors who came in my home to mourn with me and my family.

God is great. He is Everlasting Father.

Be blessed,

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