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MINISTRIES

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Life After Loss

Have you experienced the loss of a loved one? How do you navigate life while carrying the weight of grief and sorrow? Well, the Scriptures are not silent on the issue of life after loss.

For instance, Abraham’s life consisted of many challenges. His walk of faith began with God calling him to leave everything behind that he knew. He faced war, conflict, and a heart-wrenching test of faith involving his own son.

With how much he went through, you would think that if there were one person who wouldn’t be fazed by the pain of loss, it would be Abraham! And yet, the Scriptures say that when Abraham’s wife died, he wept for her:

Genesis 23:1-2

[Sarah lived 127 years; these were the years of the life of Sarah. And Sarah died at Kiriath-arba \(that is, Hebron\) in the land of Canaan, and Abraham went in to mourn for Sarah and to weep for her.](#)

So, even “Father Abraham,” this great man of faith, was deeply affected by the loss of a loved one. It seems that it doesn’t matter how strong you are or how much faith in God that you have. Losing someone you love is intensely painful. Grief cuts deep into the heart of anyone who experiences it.

After Sarah died, Abraham made arrangements for her burial. He made plans to make sure his son was taken care of. Later, he even went on to remarry. He kept living, despite this great loss. But undoubtedly, the loss was still felt for the rest of his life.

We see the same thing with Abraham’s son, Isaac. Genesis 24 tells the story of Abraham sending his servant to find a wife for Isaac. When the servant brings back Rebekah, she and Isaac got married. Look at what Scripture reveals about Isaac’s state of mind on his wedding day:

Genesis 24:67

[Then Isaac brought her into the tent of Sarah his mother and took Rebekah, and she became his](#)

wife, and he loved her. **So Isaac was comforted after his mother's death.**

Here we see that Isaac still appears to be dealing with the loss of his mother. Of course, his wife brought him comfort, but that assumes that he felt discomfort prior to this moment! Even in the midst of the joy he must have felt on his wedding day, he was still feeling the pain of loss.

We might ask the question: why does the Torah go out of its way to mention Isaac's mother—Abraham's wife—here in this verse? It seems like we should have moved on in the story by now. After all, a lot has happened between Genesis 23:2 and 24:67! Perhaps the reason that Scripture mentions how Sarah's death was still being felt is simply to acknowledge the difficulty of loss. As we read this verse, we are reminded that the pain of loss stays with us, and that it's okay to feel the weight of it. Although we keep living, grief still affects us.

If you have lost someone you've loved—whether it be a spouse, a parent, or a close friend—it could be many years later and the loss will still be felt at times. On anniversaries, or while looking at old pictures, or even when you hear certain songs being played on the radio in the grocery store—you'll be reminded of that person you loved so much. Even good memories can bring tears to your eyes because you recall how much they meant to you, and how they're not in your life anymore.

Some days we will feel it more, and some days less, but the weight of grief stays with us. Our relationships are precious and deep, and people are irreplaceable. And this is something the Torah acknowledges.

Now, Abraham and Isaac aren't the only men of faith to be deeply affected by the death of a loved one. Even our Messiah himself felt the pain of loss. The Scriptures say Yeshua wept over the death of his friend Lazarus:

John 11:33-36

When Jesus [Yeshua] saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. And he said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus [Yeshua] wept. So the Jews said, "See how he loved him!"

Our Messiah wept. Yeshua was so affected by the pain of loss, he was moved to tears!

What can we learn from these passages about loss? There are a few lessons we might draw from these scriptures. First, it's okay to be sorrowful.

Often, among believers, there seems to be an unspoken pressure to act like everything is okay when it isn't. But that sentiment is unbiblical. If you've lost a loved one, it's okay that it hurts, and it's okay to grieve. The Scriptures invite you to open up and let yourself feel the weight of that pain. There is nothing wrong with it. As Charles Spurgeon once wrote:

No sin is necessarily connected with sorrow of heart, for Jesus Christ our Lord once said, "My soul is exceedingly sorrowful, even to death." There was no sin in him, and consequently none in his deep depression.

—Charles Spurgeon, *Metropolitan Tabernacle Pulpit*, vol. 27 (1881), 1595.

The second point is that Yeshua understands our pain and is with us in the midst of our grief. According to the story of Lazarus being raised, Yeshua was deeply moved and troubled *when he saw the others weeping*. Yeshua has a special place in his heart for hurting people. And as he promised his disciples, “[I am with you always, to the end of the age](#)” (Matthew 28:20). Yeshua is present and available when we are grieving. When we weep, he holds us and weeps with us. It was Yeshua himself who declared this:

Matthew 5:4

[Blessed are those who mourn, for they shall be comforted.](#)

The blessing that Yeshua pronounces upon those who mourn is that they would be comforted. As we cry out to the Lord in the midst of our grief, he will comfort us.

The third point is that you do not need to grieve alone. In addition to Yeshua being there, the community of believers is commanded to “[weep with those who weep](#)” (Romans 12:15). Just as Isaac was comforted by his wife Rebekah after his mother’s death, you can be comforted by friends and family. Consider reaching out to others. Many churches have support groups for people who have lost loved ones. There can be great comfort found in a loving community that is willing to listen and share your experience of grief.

The fourth and final point is that death, sorrow, and pain are not the end of the story for those who know the Messiah. Like Lazarus, those who have fallen asleep will rise again—except this time to eternal glory, with incorruptible bodies that do not die. The Messiah’s kingdom will come to earth in fullness, and he will wipe the tears from our eyes, and death will be no more:

Revelation 21:1-4

[Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. 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.”](#)

The sting of grief is temporary. One day, Yeshua will return. The inheritance that God’s children will receive in the world to come is so wonderful that Paul calls the sufferings of this life “[a light momentary affliction](#)” in comparison (2 Corinthians 4:16-18). For believers, death is not the end. We have hope because Yeshua’s resurrection has conquered death once and for all:

1 Thessalonians 4:13-18

[But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. For since we believe that Jesus \[Yeshua\] died and rose again, even so, through Jesus \[Yeshua\], God will bring with him those who have fallen asleep. For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep. For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. Therefore encourage one another with these words.](#)

So, grieving the loss of a loved one is painful, but it is not hopeless. Although we never really “move on” when someone we love dies, we can be comforted and strengthened as we adjust to life after loss. Yeshua said that those who mourn will be comforted. We can embrace the comfort of God’s presence as we experience grief. We can reach out to the community of believers to share our experience of grief. And we can grieve with hope that death is not the end for those who know the Lord.

We pray you have been blessed by this teaching. Remember, continue to test everything. Shalom! For more on this and other teachings, please visit us at www.testeverything.net

Shalom, and may Yahweh bless you in walking in the whole Word of God.

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