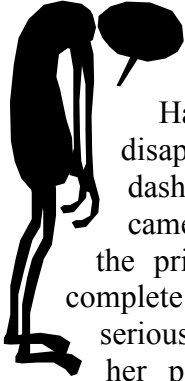


**Be done with Grief!**

(Grief is appropriate until it becomes inappropriate!)



Have you experienced loss, disappointment - had your hopes dashed? Recently a young widow came to us for a weekend and we had the privilege of assisting her discover complete freedom from the grief that was seriously messing up her daily life. With her permission I share some of her story:

*“I lost my husband of 29 years in January of this year. My grief and sadness have overwhelmed me since his death. I’ve attended numerous grief groups and have been seeing a grief counselor for the last couple of months.”*

She had tried several times to come visit, but things kept preventing it. When she finally made it, the Lord started fulfilling the amazing plans He had for her.

*“The Lord did an incredible work in my heart during our first session. The next day was even more significant. – it became apparent that the Lord wanted to minister to me regarding my husband’s death.”*

I (Neil) asked her at one point, “If God would give you the grace to, would you be willing to let your grief & sadness go?” She was quick to answer “Yes, of course.” We then “took an account” of exactly what her sadness was about. She listed very legitimate reasons, such as loss of companionship, help with decisions about the future, etc. After the list was completed, I then asked, “Are you **sure** you want to hand all this loss and the accompanying sadness over to the Lord once and for all?” We were looking for any hesitations. The understanding was that once it was released, there would be no further reason to be sad. She understood 2 Thes. 3:16 about His peace in all situations.

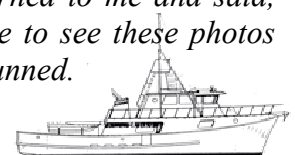
grief in place. The lie was, “*My grief is respectful to my husband.*” [The thought of letting go of the grief felt disrespectful to him].

Let me interject here, **grieving the loss of a spouse is very appropriate.** It is right, until the one left behind decides they want to be done. At that point, with God’s grace, the often debilitating sadness and grief process can be over in moments. Yes, it is true and supernatural!

Another example of this phenomenon was when I ministered to a woman who had grieved for 15 yrs. She said she wanted to be done, but couldn’t shake it. The Lord showed her that she really believed, “If I let the grief go it will mean I never loved him.” Once she received a revelation of the truth, she handed over her sadness and instantly began rejoicing! *The truth shall set you free!* Of course the deceased will be missed, but from a place of peace, life can carry on joyously and abundantly.

Back to our recent widow: She wrote, “*As the Lord began to heal my heart, I received the revelation that [my husband] is safe with Jesus in heaven. He is good. As I heard the geese flying over us going south for the winter, the Lord showed me that I, also, am in a new season of life, and if He directs the geese as He does, would He not direct me even more? Yes, I knew He was there with me, that He cares about me, that He knows my future and I don’t need to be afraid.*”

*“Several hours later, I was showing the Harmsworths some photos of our family three weeks before [my husband] died. I sat at the computer and we watched the slideshow. When we were finished, Neil turned to me and said, “Have you ever been able to see these photos without crying?” I was stunned.*



*“No. I always cried. Always. I didn’t cry this time. Yes, I miss him and I wish he didn’t die – but the sting is gone. Praise be to the Lord Jesus Christ. He is the mighty healer of our hearts and minds and I am forever changed.*

*“Thank you, Neil and Kathy, for your willingness and your heart to see others healed. You have made a significant change in me and I am so thankful. I want to learn about this ministry and be a tool for the Lord in this area. What a blessing!”*



**Annual Noble Maritime Advisor BBQ!  
Sept 13**

- Good food, good fellowship and prayer
- Slideshow and end of the year report



The boat research and search continues!

*Thank you for your support & prayer  
~ Capt. Neil and Crew ~*

**We would be encouraged to hear from you:**

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**How to:**

For those of us using the Prayer Ministry approach when helping grief victims, there are two main issues and three steps:

Issue #1- Grief, or more precisely, the emotion of sadness over loss of someone, something, or opportunity, is a truth-based emotion. It is appropriate and initially completely valid (versus anxiety, for instance, which is lie based).

Issue #2- We humans weren’t designed to carry sadness long term. Christ died for those things, so we don’t have to suffer under its weight.

**Steps to Being Done with Grief:**

1. Stop trying to push it down, but rather focus on it and honestly identify the loss and admit to God that it hurts.
2. Ask yourself, “Would I be willing to let it all (loss and sadness) go to God. Ask a second time to be sure! Imagine for a moment the sadness completely gone. How does that make you feel? Offer up any hesitations to Jesus, i.e. “Lord, if I give up all this to You, it feels like...(I never loved him)...is that true?” The Lord will reveal truth every time if one is open to receive.
3. It is most important that this is from the heart, not just words. Once hesitations are removed it is a simple matter of choosing to give up grief to the Redeemer. He will gladly receive the sadness. Often at this point in a session, Jesus will do an exchange, e.g. “the **oil** of **joy** for **mourning**, the garment of praise for the spirit of heaviness.” Isaiah 61:3. It is vital that the giving over of grief be done from a truly willing heart, not a religious duty from mental consent.

**Conclusion:**

Our recent visitor had been processing her pain according to the volumes of insight available, and then God simply broke in and said, “I’ll take that grief if you are willing.” Oh yea! I love watching Him work!

