

Dealing with Grief and Loss - Remorse and Resentment

- Lamentations 1:12 - *“Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow, which was brought upon me, which the LORD inflicted on the day of his fierce anger.”*
- Lamentations 1:12 (LBLA) *12 Vosotros todos los que pasáis por el camino, ¿no os importa esto? Observad y ved si hay dolor como mi dolor, con el que fui atormentada, con el que el SEÑOR me afligió el día de su ardiente ira.*

I. Lamentations is a book soaked in tears

- 2 Timothy 3:16-17 (NASB) 16 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 so that the man of God may be adequate, equipped for every good work.
- 2 Timothy 3:16-17 (LBLA) 16 Toda Escritura es inspirada por Dios y útil para enseñar, para reprender, para corregir, para instruir en justicia, 17 a fin de que el hombre de Dios sea perfecto, equipado para toda buena obra.

II. Lamentations puts sorrow and grief into words

- Isaiah 53:3 (NASB) 3 He was despised and forsaken of men, A man of sorrows and acquainted with grief; And like one from whom men hide their face He was despised, and we did not esteem Him.
- Isaiah 53:3 (LBLA) 3 Fue despreciado y desechado de los hombres, varón de dolores y experimentado en aflicción; y como uno de quien los hombres esconden el rostro, fue despreciado, y no le estimamos.

FEELINGS OF REMORSE

- Guilt doesn't play a big part in the book of Job – other than from Job's friends.
- Job 1:1 (NASB) 1 There was a man in the land of Uz whose name was Job; and that man was blameless, upright, fearing God and turning away from evil.
- Job 1:1 (LBLA) 1 Hubo un hombre en la tierra de Uz llamado Job; y era aquel hombre intachable, recto, temeroso de Dios y apartado del mal.

- Job 42:7 (NASB) 7 It came about after the LORD had spoken these words to Job, that the LORD said to Eliphaz the Temanite, "My wrath is kindled against you and against your two friends, because you have not spoken of Me what is right as My servant Job has.
- Job 42:7 (LBLA) 7 Y sucedió que después que el SEÑOR habló estas palabras a Job, el SEÑOR dijo a Elifaz temanita: Se ha encendido mi ira contra ti y contra tus dos amigos, porque no habéis hablado de mí lo que es recto, como mi siervo Job.

“One of the harshest acts we mortals inflict on one another is the flippant way in which we automatically assume that any pain, anguish or suffering visited upon another person must be the result of that person’s sin.”

Walt Kaiser

- John 9:2-3 (NASB) 2 And His disciples asked Him, "Rabbi, who sinned, this man or his parents, that he would be born blind?" 3 Jesus answered, "It was neither that this man sinned, nor his parents; but it was so that the works of God might be displayed in him.
- John 9:2-3 (LBLA) 2 Y sus discípulos le preguntaron, diciendo: Rabí, ¿quién pecó, éste o sus padres, para que naciera ciego? 3 Jesús respondió: Ni éste pecó, ni sus padres; sino que está ciego para que las obras de Dios se manifiesten en él.

That's what happened with Job.
When he suffered, the glory of
God was revealed to him:

***“I had heard of you by the
hearing of the ear, but now
my eye sees you”*** Job 42:5.

Guilt is written all over the book of Lamentations

- Lamentations 1:18 (ESV) 18 “The LORD is in the right, for I have rebelled against his word; but hear, all you peoples, and see my suffering; my young women and my young men have gone into captivity.
- Lamentations 1:18 (LBLA) 18 El SEñOR es justo, pues me he rebelado contra su mandamiento. Oíd ahora, pueblos todos, y ved mi dolor: mis vírgenes y mis jóvenes han ido al cautiverio.

- Lamentations 1:20 (ESV) 20 “Look, O LORD, for I am in distress; my stomach churns; my heart is wrung within me, because I have been very rebellious. In the street the sword bereaves; in the house it is like death.
- Lamentations 1:20 (LBLA) 20 Mira, oh SEñOR, que estoy angustiada; hierven mis entrañas, mi corazón se revuelve dentro de mí, porque he sido muy rebelde. En la calle la espada mata, en la casa es como la muerte.

- Lamentations 1:22 (ESV) 22 “Let all their evildoing come before you, and deal with them as you have dealt with me because of all my transgressions; for my groans are many, and my heart is faint.”
- Lamentations 1:22 (LBLA) 22 Venga toda su maldad delante de ti, y trátalos como a mí me has tratado por todas mis transgresiones; porque son muchos mis gemidos, y desfallece mi corazón. We have transgressed and rebelled, and you have not forgiven (Lam. 3:42).

- Lamentations 4:13 (NIV2011) 13 But it happened because of the sins of her prophets and the iniquities of her priests, who shed within her the blood of the righteous.
- Lamentations 4:13 (LBLA) 13 A causa de los pecados de sus profetas y de las iniquidades de sus sacerdotes, quienes derramaron en medio de ella la sangre de los justos,

- Lamentations 4:22 (NASB) 22 The punishment of your iniquity has been completed, O daughter of Zion; He will exile you no longer. But He will punish your iniquity, O daughter of Edom; He will expose your sins!
- Lamentations 4:22 (LBLA) 22 Se ha completado el castigo de tu iniquidad, hija de Sion: no volverá El a desterrarte; mas castigará tu iniquidad, hija de Edom; pondrá al descubierto tus pecados. The punishment of your iniquity, O daughter of Zion, is accomplished

J. I. Packer says,

“Old guilts and neglects come back to mind, and thoughts of what we could and should have done differently and better come hammering at our hearts like battering rams. This is part of the experience of grief.”

There is an important distinction between true guilt and false guilt

- **The answer to false guilt is truth.**
- **The answer to true guilt is grace.**
- **And isn't it wonderful that our Lord is *“full of grace and truth”* (John 1:14).**
- **But it isn't easy at times to tell the difference between true guilt and false guilt.**
- **“Let's put the discussion of whether this guilt is true or false aside. The point is that what you are experiencing is real. Your conscience is burdened, because you believe there is something you should have done and didn't, or something you did and shouldn't have.”**

If this is true guilt, what would we do with it?

- Hebrews 9:14 (NASB) *14 how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, cleanse your conscience from dead works to serve the living God?*
- Hebrews 9:14 (LBLA) *14 ¿cuánto más la sangre de Cristo, el cual por el Espíritu eterno se ofreció a sí mismo sin mancha a Dios, purificará vuestra conciencia de obras muertas para servir al Dios vivo?*

- Hebrews 10:22 (NASB) 22 let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.
- Hebrews 10:22 (LBLA) 22 acerquémonos con corazón sincero, en plena certidumbre de fe, teniendo nuestro corazón purificado de mala conciencia y nuestro cuerpo lavado con agua pura.

OFTEN GUILT IS COUPLED WITH RESENTMENT

- **There is resentment against the leaders who failed the people**
- **Lamentations 4:12-13 (NASB) 12 The kings of the earth did not believe, Nor did any of the inhabitants of the world, That the adversary and the enemy could enter the gates of Jerusalem. 13 Because of the sins of her prophets And the iniquities of her priests, Who have shed in her midst The blood of the righteous;**
- **Lamentations 4:12-13 (LBLA) 12 No creyeron los reyes de la tierra, ni ninguno de los habitantes del mundo, que pudieran entrar el adversario y el enemigo por las puertas de Jerusalén. 13 A causa de los pecados de sus profetas y de las iniquidades de sus sacerdotes, quienes derramaron en medio de ella la sangre de los justos,**

There is resentment against the enemies who attacked the people

- Lamentations 1:22 (NLT2) 22 “Look at all their evil deeds, LORD. Punish them, as you have punished me for all my sins. My groans are many, and I am sick at heart.”
- Lamentations 1:22 (LBLA) 22 Venga toda su maldad delante de ti, y trátalos como a mí me has tratado por todas mis transgresiones; porque son muchos mis gemidos, y desfallece mi corazón.

But most of all, the resentment in Lamentations is directed toward God

- 17 times in the first 5 verses of Lamentations Chapter 2 we find a grievance over something that God has done (or that he has failed to do).

- **Lam. 2:1-5** - **1** How **the Lord** in his anger has set the daughter of Zion under a cloud! **He** has cast down from heaven to earth the splendor of Israel; **he** has not remembered his footstool in the day of his anger.
- **2** **The Lord** has swallowed up without mercy all the habitations of Jacob; in his wrath **he** has broken down the strongholds of the daughter of Judah; **he** has brought down to the ground in dishonor the kingdom and its rulers.
- **3** **He** has cut down in fierce anger all the might of Israel; **he** has withdrawn from them his right hand in the face of the enemy; **he** has burned like a flaming fire in Jacob, consuming all around.
- **4** **He** has bent his bow like an enemy, with **his** right hand set like a foe; and **he** has killed all who were delightful in our eyes in the tent of the daughter of Zion; **he** has poured out his fury like fire.
- **5** **The Lord** has become like an enemy; **he** has swallowed up Israel; **he** has swallowed up all its palaces; **he** has laid in ruins its strongholds, and **he** has multiplied in the daughter of Judah mourning and lamentation.

If that doesn't convince you, read chapter 3, you'll find the same thing. There are 12 complaints against God in the first 16 verses! Almost every verse begins with the word 'He' followed by some grievance, resentment, unhappiness, belly aching, complaint... about what God has done or hasn't done.

- The first words Martha spoke to Jesus when she was grieving the death of her brother were:
“Lord, if you had been here, my brother would not have died” John 11:21
- When Mary finally came out to meet Jesus, -
John 11:32 (NASB) ***32 Therefore, when Mary came where Jesus was, she saw Him, and fell at His feet, saying to Him, “Lord, if You had been here, my brother would not have died.”***
- John 11:32 (LBLA) ***32 Cuando María llegó adonde estaba Jesús, al verle, se arrojó entonces a sus pies, diciéndole: Señor, si hubieras estado aquí, mi hermano no habría muerto.***

One commentary put it this way:

“It’s hard to believe that God loves you when he takes away someone you love.”

But if you believe that the Lord takes away, you may not find it easy to say, “***Blessed be the name of the Lord***” Job 1:21



Peterson writes,

“I said to him at one point, ‘Why don’t you shut yourself up in a room with Lamentations and Isaiah 53 for a weekend?’

He looked at me uncomprehendingly. But I said to him ‘It would, though, have been far healthier...’”

Jessica Shaver

I told God I was angry.
I thought He'd be surprised.
I thought I'd kept hostility
quite cleverly disguised.

I told the Lord I hate Him.
I told Him that I hurt.
I told Him that He isn't fair,
He's treated me like dirt.

“At last you have admitted
What’s really in your heart.
Dishonesty, not anger
was keeping us apart.”

“Even when you hate Me
I don’t stop loving you.
Before you can receive that love
you must confess what’s true.”

“In telling Me the anger
you genuinely feel,
it loses power over you
permitting you to heal.”

I told God I was sorry
And He's forgiven me.
The truth that I was angry
has finally set me free.

Remorse, Resentment, and Christ

- *“Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow, which was brought upon me, which the LORD inflicted on the day of his fierce anger”* (Lamentations 1:12).



Isaiah 53:4 (NASB) 4 *Surely our griefs He Himself bore, And our sorrows He carried; Yet we ourselves esteemed Him stricken, Smitten of God, and afflicted.*