

---

## Series: Letting Go of Your Past Giving Up Your Grief

2 Samuel 12:15-25 (NIV)

*After Nathan had gone home, the Lord struck the child that Uriah's wife had borne to David, and he became ill. <sup>16</sup>David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. <sup>17</sup>The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them.*

*<sup>18</sup>On the seventh day the child died. David's servants were afraid to tell him that the child was dead, for they thought, "While the child was still living, we spoke to David but he would not listen to us. How can we tell him the child is dead? He may do something desperate."*

*<sup>19</sup>David noticed that his servants were whispering among themselves and he realized the child was dead. "Is the child dead?" he asked.*

*"Yes," they replied, "he is dead."*

*<sup>20</sup>Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the Lord and worshiped. Then he went to his own house, and at his request they served him food, and he ate.*

*<sup>21</sup>His servants asked him, "Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!"*

*<sup>22</sup>He answered, "While the child was still alive, I fasted and wept. I thought, 'Who knows? The Lord may be gracious to me and let the child live.'<sup>23</sup>But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me."*

*<sup>24</sup>Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son, and they named him Solomon. The Lord loved him;<sup>25</sup>and because the Lord loved him, he sent word through Nathan the prophet to name him Jedidiah.*

### 1. UNDERSTAND THAT GRIEF IS NO RESPECTER OF PERSONS. v. 16-18

- Death is the common denominator for the human experience.
- Even King David could not escape death in his family.
- It's hard to know how death of a loved one will affect you.

*v. 18 "...How can we tell him the child is dead? He may do something desperate."*

### 2. ACCEPT WHAT YOU CANNOT CHANGE. v. 22-23

- There is nothing wrong with holding out hope.

*v. 22 "He answered, 'While the child was still alive, I fasted and wept. I thought, who knows? The Lord may be gracious to me and let the child live.'"*

- When death occurs we are allowed to grieve.

1 Thessalonians 4:13 (NIV)

*Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope.*

- After our grief, acceptance must eventually come.

*v. 23 "But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me."*

### 3. FOCUS ON WHAT'S LEFT, NOT WHAT'S LOST. v. 24

*v. 24 "Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son, and they named him Solomon. The Lord loved him."*

- Continuing with our life and purpose honors those whom we've lost.
- While our loss may be monumental, there are others around us.
- Sometimes we must proceed by faith not by our feelings.

Grief is a natural process given to us by God as a process of healing and relief, but God still has a plan and purpose for us beyond our loss.