**Thesis:** Loss is a natural part of life, but that doesn’t make it easy. Grief can pull us into our deepest places of despair. A pit of darkness that seems impossible to escape from. The comfort of Psalm 73:26 reads, *“26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”*

When our grief seems too much to bear, know that our God in heaven will lift us up as He consoles our weary hearts with His love.

**Introduction:** You’re listening to The Jesus Podcast, a year of stories showcasing the depth of Christ’s love and the glory of God’s truth. I’m Zak, your host from Pray.com. I’m so glad to be here with you today as we unpack the profound care that our God has for us in our heavy moments of grief.

**Context:** Today’s story takes us to Luke 7. In the previous chapter, Jesus had just taught a group of His disciples several important kingdom principles. After this, He entered the city of Capernaum, blessed the faith of a centurion, and healed his servant. Soon after, Jesus traveled to the city of Nain along with many of His disciples. And it’s not long before He performs another miracle that speaks endlessly to His love for all people, including the outcast.

**Message:** If you’ve ever experienced the loss of a loved one or known someone who has, you know just how earth-shattering of a time of life it can be. Time seems to simultaneously stop and move at lightspeed. The deep-seated pain we’re going through feels like it may never leave us, at least not completely. Caught up in a whirlwind of emotion, it can be hard to imagine what life moving forward will look like. And while we may find some consolation from others, it can be hard to reach out when we’re grieving. We’re hurting and looking for comfort but don’t know how to find it. And while others might be giving us space to heal, we can end up feeling unseen, unimportant, and unattended to. But Jesus sees everyone, and He cares about those who have slipped under the radar. He doesn’t want us to be caught in despair. He wants to help us. He wants to give us hope. And what’s beautiful is that Jesus doesn’t wait for us to reach out to Him. Just like He does for the widow of Nain, He seeks us out, meeting us right where we are in our mourning, and wraps His arms of comfort around us in our delicate and fragile state. He looks upon us, holds us, comforts us, and leads us forward. It’s a wonderful thought that God comes to find us in our darkest moments. That He would stretch out His arm to pull us from our suffering. When it seems like there’s nowhere to go and no way to overcome our grief, Jesus is there to help us. Jesus is there to heal our hearts.

As the crowds that had amassed during Jesus’ teaching continue to follow Him, it’s clear that the disciples have questions about Jesus’ plan. Because Jesus had just drawn in large numbers with His powerful teaching, they’re worried that the needs of the crowd aren’t being met. They wonder if maybe Jesus should pause from their long journey and give them more of what they came for. But Jesus’ aim was of far more importance. He was going to show them that there was much more to His teachings than gaining head knowledge about the kingdom of God. He was going to show them that every message, teaching, and parable was meant to translate into real-world living. As we grow as followers of Jesus through studying the Bible, it comes with an understanding that God wants to use those very teachings to influence our thoughts and actions. The Spirit’s job isn’t just to reveal truth, but to empower us to put it into practice! As you live out your faith, consider how Jesus looks at the world.

*We read this in Matthew 9:35-38 Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”*

Notice the flow of events that Jesus models. He travels, teaches, and *heals.* It’s not enough to simply acknowledge those who are hurting. Nor is it enough to simply teach them about the love of Jesus. As His disciples, we’re called to also help people find healing by *showing them Christ’s love!* Jesus wants to use us to care for the hurting, befriend the lonely, and bring comfort to the grieving. The gospel message brings hope for the future as well as healing in the present. As the Spirit of Christ works in our hearts, the people of God come alongside all those who are in need of Christ’s love to show them that the gospel brings real transformation.

As Jesus and His disciples approach the entrance to Nain, they stumble upon a funeral procession. What would already be a sad scene is made even more devastating when all the facts are laid out. Here is a widow who has just lost her only son. For all intents and purposes, her well-being and security for the future has been jeopardized and she has nowhere to turn for hope. Imagine the immense weight of feeling like you’ve truly lost everything. Like you’re at the end of your rope. Are you afraid? Are you mad at God for letting this happen? Or you lost? Lonely? Confused? As all of these emotions rush through the mind of Serah, the last thing she expects is for her situation to change for the better. And this is the very reason Jesus has sought her out. A woman who would be thrown into the unknown is about to be found by the God who protects and provides.

It’s incredible that despite the crowds following Jesus and the crowds of the town surrounding the widow, Jesus still navigates through them all to get to her. Jesus wouldn’t let minor inconveniences stop Him from accomplishing the task at hand. So He pushes through, and with a firm but tender command, He looks at Serah and says “Do not weep.” This was not a sign of insensitivity, but a word of assurance. When Jesus meets us in our grief, we can find His peace that surpasses our understanding as our hearts and minds take cover in His love. Before our circumstances even change, simply being in the presence of Jesus begins a work on our hearts. But God doesn’t leave Serah in this place for long. He quickly turns to the men carrying the coffin of the young man and peers in. Gazingly upon the lifeless body, knowing that death is a cruel consequence from the sin of man that has plagued His creation, Jesus boldly cries out, “Young man, hear me. Arise…” With the same voice He spoke creation into existence…with the same breath that filled Adams lungs with the air to breath. And in an instant, the power of Christ moves through the once dead man and fills Him with life. This was the first person that Jesus raised from the dead in His ministry, but it wouldn’t be the last.

Jesus came to earth to bring life. While it may not be in the same way He brought life back to the widow of Nain’s son, this was a shadow of the new life that Jesus wants to give to everyone. We all must face the reality of death. It escapes no one. But death was never part of God’s plan for our life with Him. And He isn’t content leaving it to bring pain and agony to His creation. The work Jesus accomplished on the cross is God’s glorious solution for this. We read from the apostle Paul in *2 Corinthians 5:21 “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”*

By becoming our sins and laying His life down for us, and rising from the grave by the power of the Spirit, Jesus offers us new, eternal life with Him. The sting of death has lost its power in the face of the God who brings life.

Find comfort in the grief of the world, and take heart as He gives us hope for the day when death will be no more. Our God sees us, cares for us, and has made a way for us to be with Him forever.