

# OVERCOMING YOUR LOSSES (Overcoming Series – Part 3)

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## THE LORD'S FLOCK GROW DIGEST

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There's no way we can pass through this life without losses. They are as much a part of life as birth, for surely, we are born unto this world and we will suffer loss before we leave it. All kinds of losses (a loved one, a promotion, physical health, a hope, a dream) can be devastating in different ways. We cannot control them but we can determine how we respond to them. God assures us that His grace is always present in every loss. Hence, we can be overcomers and victorious in faith.

### 1. Types of Losses

- 1.1. **L**oved ones: losing them brings grief, sadness, confusion and shock. Navigating life after the death of a loved one is difficult and accepting it takes time.
- 1.2. **O**pportunities for a better life: one of our greatest burdens is failing to take action on chances where there is potential advantage: children waste their chance to complete a degree; we may lose opportunities to enhance our faith or commitment.
- 1.3. **S**trength of health and relationship: losing physical strength and vitality due to aging, illness, or vices leaves the landscape of our life forever changed. Infidelity or jealousy can destroy a marriage. Neglect can damage the relationship between parents and children.
- 1.4. **S**alary/Stipend: income loss through unexpected retrenchment or retirement can result in psychological distress, social conflict and unhealthy coping mechanisms.

### 2. How do we Overcome Losses?

- 2.1. **All in the Mind.** The way we think determines the way we feel, we behave and we become. We must feed our mind with the Word of God.
- 2.2. **Mind over Matter.** When our mind is enlightened, our heart feels light.

2.1 **Assurance of Friendship:** Jesus knew He had a death sentence; He took His friends, Peter, James and John and His face was illuminated before them (Mt 17:9). Jesus Himself experienced a painful death. Hence, He feels all our emotions.

2.2 **Assurance of Doctrine and Assurance of God the Father:** (1) no temptation is irresistible, (2) God is faithful, and (3) He limits testing to what one can bear. God assures us that a way out is always provided. God is always with us (1 Cor. 10:13).

2.3 **Advice and Assistance from people.** The church or community is a vital multi-faceted support system that provides spiritual, emotional, and practical care to all members on how to navigate life's losses. God also sends people as our lifeline who may have experienced similar losses and can offer encouragement and assistance (Mt. 18:19-20).

**Conclusion:** Losses are inevitable and can be catastrophic because of their cumulative and irreversible nature. But as Christian believers, we trust in God's promises in the Scriptures. His Word is a lamp unto our feet and light unto our path (Ps. 119:105). His Word provides clarity in difficult times and is the best weapon in winning over life's losses.

**Reflection:** What significant loss have you had in your life? How would you describe the state of your soul in response to this loss? How did you manage to overcome the loss?

**Prayer:** *Heavenly Father, teach us to run to You when we suffer losses and humbly seek Your mercy and grace through Your word, that we may receive Your comfort and strength and that we may completely trust in Your sovereign purposes. In Jesus' Name. AMEN!*

#### SCRIBES MINISTRY:

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