



OLD MAN NEW MAN T.V.

EQUIPPING MEN FOR THIS LIFE AND BEYOND

Old Man New Man – How to Process Grief

*“Weeping may endure for a night, but joy comes in the morning.”
Psalm 30:5b*

On July 27, 1981 at a Sears Department store in Hollywood, Florida a six year old boy named Adam was taken from his Mom and Dad and brutally killed. How does a Mother and Father continue living through such indescribable grief? Adam’s father wrote a book in 1997 titled, “Tears of Rage; From Grieving Father to Crusader for Justice.” You’ve seen him as the host on America’s Most Wanted his name is John Walsh. John fought back by fighting crime in honor of his little boy and as a result has put many criminals behind bars. When tragedy strikes and grief sets in how does a man process the hurt? Let’s build this case study together.

1. Pastor Charles Burkeen explained how when hunting with his brothers he was the “dog.” What dangerous/silly thing or perhaps a dare have you done that if given the chance you would not do again?
2. How do men fight back as a way of dealing with grief?
 - a. It helps to contrast the way men and women deal differently with grief as a tool for men to find better ways for dealing with deep sited emotions.
3. “Like a ticking time bomb.” Can grief really explode in us and cause great destruction?
4. As men we are often expected to manage these things, keep a lid on it, or move on because we are supposed to be tough?
 - a. List the consequences of not dealing with grief properly.
5. One of the shortest verses in the Bible is also one of the most powerful. Jesus, a carpenter by trade, a man’s man, dealt with the grief around him and his personal grief too. How did he handle it?
 - a. Read John 11:35. If time allows read the context of this in verses 17-43.
 - b. Jesus was not afraid to show his emotions. Why are we discouraged from crying or showing emotion?
 - c. What do we learn from Jesus’ way of dealing with his own grief?

6. In the interview we heard a father advise his sons: “it’s okay to cry, but not too much and don’t spend a lot of money on my funeral.”
 - a. What difference did this Father’s advice make in his children?
 - b. How did it help their grieving process?
7. One of the things Chuck did for us in this interview was to say “It’s okay to recognize that you are hurting.” Review the five steps that Pastor Labrador and Pastor Burkeen put together. Make a personal application of these steps and, if necessary, allow yourself to grieve applying these tools.

1. **Acknowledge it**- don’t stuff the grief or bury it. Recognize that it’s there.
2. **Process It**- Learn How to Process the Grief- consider reading up on it and learning more about it.
3. **Express it**- Express your thoughts- Write them out and remember it’s not for others to read, but for you to process. Talk with a friend, a pastor or a Christian counselor. While you can’t fix the hurt you can live through it as others have.
4. **Release it**- The fourth step Chuck shared gives us permission to weep. John 11 says that Jesus wept at the funeral of His friend Lazarus. If Jesus wept then it’s certainly okay for us to weep.
5. **Memorialize it**- This final step will help us create a memorial that is meaningful to us. In the story of John Walsh, he took his rage to the street and has been fighting crime in honor of his son for years.

The Bible says in Psalm 30:5 that weeping may last for a night, but joy comes in the morning. We rest on the promises of God that He will never leave us or forsake us. God has promised us in the 23rd Psalm that when we walk through the valley of the shadow of death we will fear no evil because God is with us. Never forget that God will never leave you or forsake you.

During the discussion one or more in the group may have disclosed a personal pain that is afflicting him. Surrender this man before the Lord through prayer so God will be able to restore him to wholeness. Pray for each other for God to disarm any emotional time-bombs that we may be carrying.

Resource: book titled “A Place for Us Guys,” by Charles Burkeen. Visit www.oldmannewman.com for more information and resources.