

## DON'T BELIEVE IT (Part 6): "I'm Over It!"

Scripture used: [Job 42:10-11 \(NLT\)](#)

### OVERVIEW

In this sixth sermon of the Don't Believe It! series, Pastor Hurmon rebutted the notion that we can fully "get over" loss and leave it behind us. Loss is inevitable, but whether we effectively process our loss through grief and re-integration is a choice that we can make. We face loss in all facets of our lives: our work, our relationships, family, and health - even the aging process is a gradual loss - and sometimes feel as if we have lost our very identity. The goal is not to "get over" loss but we can grow through it, and well processed pain and loss can leave us with more in life, not less.

### KEY POINTS

- 1) We first have to acknowledge our loss and hurt. In [Job 42:10-11](#), we see that even after Job's life was restored, he still needed comforting and consolation; he didn't "get over" grief, he carried his losses with him into a "new normal" of life. So, we have to be careful not to simply push down our grief. We have to give it full expression, in terms of anger, confusion, pain, and the question of "why?". We have to express it. Complaining about God in the midst of loss is rebellion. Complaining to God is worship. [Matthew 5:4](#) reminds us that "blessed are those who mourn, for they will be comforted."
- 2) Hawaiian surfer Bethany Hamilton was attacked by a huge shark and lost her arm and 60% of her total blood. She seemed to be dying yet hung on to life thinking that God has a plan for her, not to harm her but to prosper her. She survived to compete and become a championship surfer, marry, have children, and tell her story. While her life will never be the same, and she will never again live life with two arms, she was able to accept her loss and re-integrate her pain to a new story of her life. Her story is not of a victim, but as one who is unstoppable in perseverance in the face of adversity. She did not let the injury derail her; instead, the loss and trauma informed who she became.
- 3) Healing happens best in community. Our friends, family, small groups, therapeutic resources, etc. are here to accompany us and console us through the trials and storms of life. Living a life of service, of community and fellowship is the way to process pain. Job 19:13-14 shows that Job was at his worst when he lamented the loss of his family and friends - he kept them away: "stay away! forget me!" Instead we have to commit to relationships and reconciliation. We have to show the humility to ask for help, and gratitude when our friends provide it.
- 4) Healed pain makes us more sensitive, with a stronger tendency to care for others, to be generous, to be committed to justice. Sickness and calamity marginalized Job. He went from wealthy and powerful to fallen in the eyes of others. Pain reminds us how to treat the weak - the widow and the orphan. When Job's life was restored, he shows us how his perspective as changed. In [Job 42:14-15 \(NLT\)](#), his daughters are named and included in his inheritance; this is a remarkable coda to an ancient document, and it shows us that Job used his pain to increase his sensitivity and compassion to those who are usually overlooked.

### DISCUSSION

- 1) **HEAR** - Consider the invitation to grieve well, process our grief, and re-integrate it into our lives in a new story of who we are. Is there a pain or loss in your life where you have gone through this process? Is there a place of unprocessed grief that you have simply pushed down? Are you in the middle of this process right now? As you feel comfortable, share with your life group.
- 2) **UNDERSTAND** - [Job 42 \(NLT\)](#) demonstrates that the process of dealing with tragedy is a lifelong one. Restoration and re-integration of pain and loss into our story is not an easy process; it takes hard work, intentionality, and community. Review the steps of healthy processing of pain (acknowledge it, feel it, express it, accept it, re-integrate it in a new story of greater humility and sensitivity). What steps are most difficult for you? Reflect on the story of Job and the love of God expressed through Jesus. In what ways does God help us to take difficult steps in the journey of grieving and healing?
- 3) **DO** - We were challenged to trust God and others with our grief. Find a safe and trusted friend to share an area where you are wrestling with pain. Or, look for an opportunity to be that friend to another person.