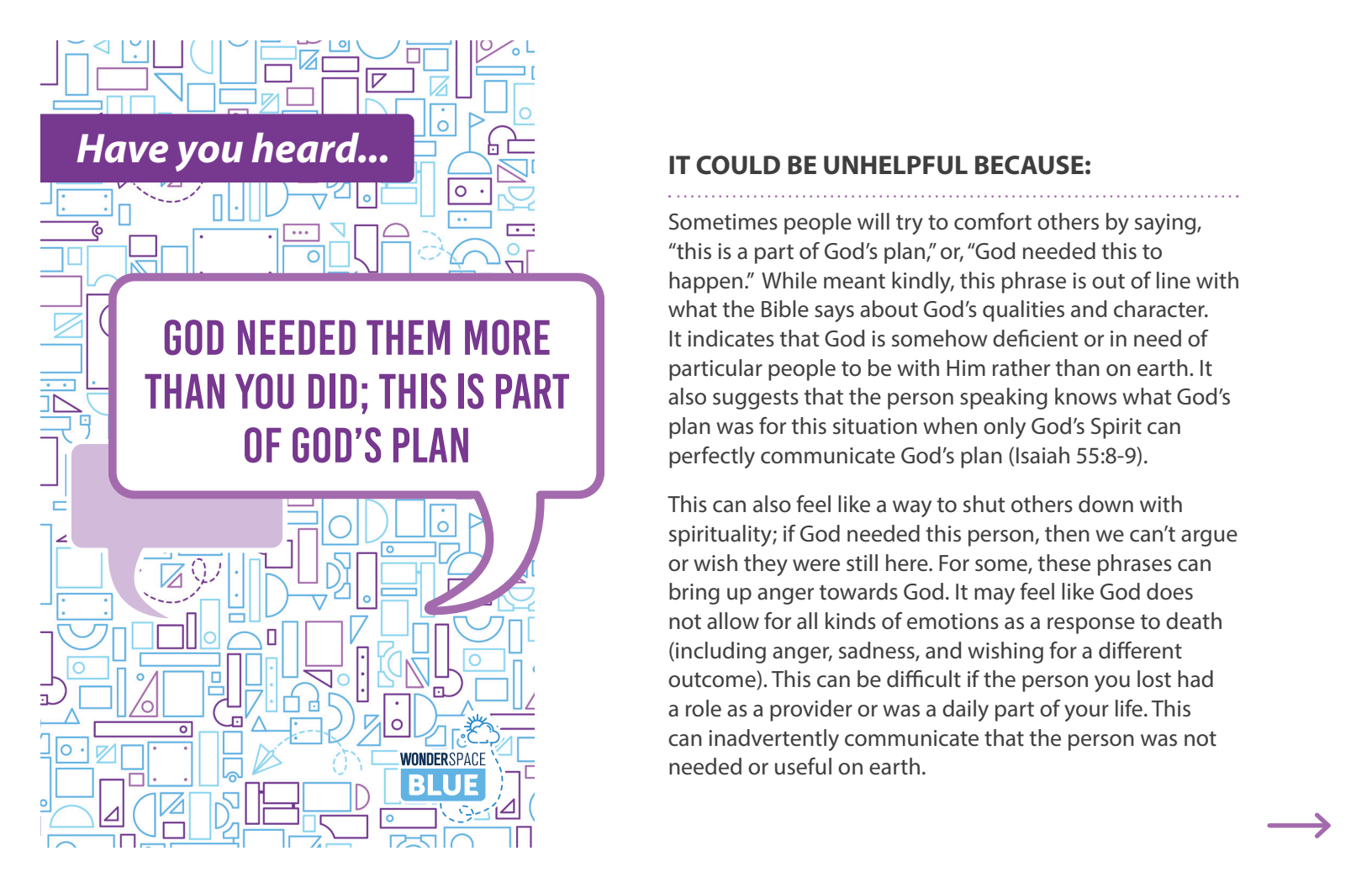




Have you heard...

**GOD NEEDED THEM MORE
THAN YOU DID; THIS IS PART
OF GOD'S PLAN**

WONDERSPACE
BLUE

IT COULD BE UNHELPFUL BECAUSE:

Sometimes people will try to comfort others by saying, "this is a part of God's plan," or, "God needed this to happen." While meant kindly, this phrase is out of line with what the Bible says about God's qualities and character. It indicates that God is somehow deficient or in need of particular people to be with Him rather than on earth. It also suggests that the person speaking knows what God's plan was for this situation when only God's Spirit can perfectly communicate God's plan (Isaiah 55:8-9).

This can also feel like a way to shut others down with spirituality; if God needed this person, then we can't argue or wish they were still here. For some, these phrases can bring up anger towards God. It may feel like God does not allow for all kinds of emotions as a response to death (including anger, sadness, and wishing for a different outcome). This can be difficult if the person you lost had a role as a provider or was a daily part of your life. This can inadvertently communicate that the person was not needed or useful on earth.





Jesus expressed a sense of loneliness before and during His crucifixion, even though He knew this was the reason He was sent to earth (Luke 22:42, Matthew 27:45-47). If Jesus, who is completely connected to God, expressed feeling alone and a desire for God's plan to be different, we can too. In acknowledging and modeling grief while He was on earth, Jesus showed us that communicating sadness about loss and a desire for the circumstances to be different is okay (John 11).

It's okay to ask questions or want to avoid questions about God's plan while you are feeling depleted and dealing with other strong emotions. And if this person played an important role in your life, the needs they fulfilled still need to be met. Grief often makes people feel as though they do not have the ability to cope and manage emotions that they normally do. This is a typical part of the grieving process, as your body and mind are being challenged and asked to manage more than usual.

You could say:

- ***God knows that we would have lots of strong feelings about this. It's okay to express this to God and other people.*** Jesus and others in the Bible felt sad, angry, and overwhelmed when people died, or when they were asked to do hard or painful things. We know this because they talked about it and shared it with God, Jesus, and each other.
- ***It's OK to feel upset about what has happened and to tell God that you wish things were different.*** Sometimes things happen that God doesn't want to have happen. God feels angry too when the world isn't how God wanted it to be.
- ***When people die, we might miss certain things they did.*** Even though it feels different, it can be good to ask others in our lives to help. What are some of the things that our person used to do for us? If we need help, who and how can we ask for help?