

## Jesus Is Lord Of My Losses

Fear of Deprivation - Lesson 3

“Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. We are like men who have lost their legs; they will never grow new ones.” (*Alcoholics Anonymous*, chapter 3: “More About Alcoholism”)

Real life always includes losses. Recovery means admitting the loss of being able to drink; it means saying goodbye to alcohol. Death, divorce, aging – it all means loss. So does moving, marriage, having kids – pretty much any change in life means losing out on something.

Part of our problem has been that we sometimes try to hold onto everything and avoid any loss. And when we lose out in spite of all our efforts, we sometimes get full of resentment and self-pity, instead of going to Jesus to help us deal with our feelings.

- Jesus understands what loss feels like:

“Jesus looked at him and loved him. ‘One thing you lack,’ he said. ‘Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.’ At this the man's face fell. He went away sad, because he had great wealth.” (Mark 10:21-22)

“From this time many of his disciples turned back and no longer followed him. ‘You do not want to leave too, do you?’ Jesus asked the Twelve.” (John 6:66-67)

“Jesus wept.” (John 11:35)

- Paul talked about how to live with loss:

“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.” (Philippians 4:11-13)

**What are some unhealthy ways I've used to try to handle my losses?**

**What has Jesus been doing to help me deal with my losses?**