

February Message on Grieving

Prayer:

“Dear Lord, help me to suffer this loss with patience, openness and the willingness to remain vulnerable. In your loving kindness set the lamp of faith before me to guide me back to a sunlit world where work, friends and meaningful service await me.”

As we journey through the darkness of grief we have the task to find a few things that will help us calm the infinite anguish of our souls. We seek healing from what has been torn apart, make justice imaginable again and give happiness a meaning once more in our life. This is the work of grief. Some possible helps in this task might include one or more of the following suggestions. Remember each of us will find different things that help in our healing; the important thing is to find some things that work for you.

- 1. Seek and accept support**, reach out to others to journey with you.
- 2. Accept your grief**, the tides will come and go, trust the flow.
- 3. Find mentors**, look for someone who gives you hope, or find a book on grief to read.
- 4. Accept your feelings**, find a healthy way to give expression to your feelings, maybe through music, art, journal writing, dancing, a meaningful activity or some memorial project.
- 5. Don't be afraid to have fun**, laughter is good medicine. Children and pets are great providers of healing and comfort.
- 6. Pray, meditate, bathe in the quiet waters of peace**, spend some time daily in prayer, meditation, walking in nature or listening to music. Healing will come; anxiety will gently be replaced with calm.

God's Word to You:

“May those who sow in tears reap with shouts of joy. Those who go out weeping, bearing the seed for sowing, shall come home with shouts of joy, carrying their sheaves.”

—Ps. 126: 5-6

“You will have to suffer only for a little while; the God of all grace who called you to eternal glory in Christ will see that all is well again. God will confirm, strengthen and comfort you.” - I Peter 5: 10-11



Something to Journal About:

Write down what you will do to help with your healing. Keep your plan simple and realistic but try to stick with it. Each week journal about what it is like for you to work on your “healing plan.”