

**A Season of Grief
Day 28
Grief Can Ambush**

No matter how long it has been, you still carry a portion of your grief with you. Emotions you already dealt with come flooding back at the most unexpected times. Grief's timing is not your timing.

Elisabeth Elliot says, "One day after my husband died, I was in the grocery store picking up the things that I needed, throwing them into my basket, and suddenly I found myself absolutely shaking with sobs. Fortunately, there was no one else in that particular aisle. I couldn't explain it. Grief does strange things to you at times."

But God holds the master plan for your life. He is never surprised. Although you cannot know the details of the plan, you can know and walk with the Master Planner.

"I trust in you, O LORD; I say, 'You are my God.' My times are in your hands; deliver me from my enemies and from those who pursue me."

Psalm 31:14-15

God, I do not understand what is going on with me, but I trust that You do.
Amen