

A Season of Grief
Day 14
Joy Can Return

It does get better; you will experience joy again.

In her book *A Passage Through Grief*, Barbara Baumgardner writes, "They told me one day I would go twenty-four hours without thinking of my loss. I told them they were crazy.

"They weren't crazy; they were right. At first, I felt guilt, then elation."

God is the source of your hope and joy. Believe these words of Jesus in **John 16**: "I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy." **(v.20)**

Jesus continued: "A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world.

"So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy." **(vv.21-22)**

Lord, I cannot even remember what joy feels like, but I believe that someday You will turn my grief to joy, and no one will take that joy away from me. Amen.