

A Season of Grief
Day 18
A Time to Move Forward

Although living in denial may be necessary for a time, at some point you must make a decision to move beyond the denial. This does not mean you will stop grieving altogether, for your healing/grieving process has only just begun. But remember, if you spend too long denying your loss, you will be unable to move forward with life.

Dr. H. Norman Wright says, "You have to come to the place where you admit or recognize 'Yes, I've lost this person. [He or she] is no longer a part of my life.' When you hang on to that person, it's almost like a sense of denial. You remain stuck, and you can't move on with your life."

God will enable you to take the next step. He gently reminds you: "There is a time for everything, and a season for every activity under heaven; a time to be born and a time to die, a time to plant and a time to uproot." **(Ecclesiastes 3:1-2)**

Holy God, is it time for me to move on from denial? Lead me, Lord. Amen.