

A Season of Grief
Day 34
Women and Men Grieve Differently

Women tend to approach grief differently than men. Often women have a network of friends and relationships already in place, providing them an opportunity for deep personal sharing. Whether you are a man or a woman, you need to vent your emotions, and God uses other people to help you heal.

“Men don’t share with each other like women do. They want to get on and get beyond it a lot faster than women do,” says Pastor Buck Buchanan. “My advice for them is to get involved in a grief group where they can be encouraged.”

Healing will resume when you stop trying to accomplish it by your own strength. God will move through you with His power that far exceeds your own.

*“He has said to me, ‘My grace is sufficient for you, for power is perfected in weakness.’
Most gladly, therefore, I will rather boast about my weakness, that the power of Christ
may dwell in me.”*

2 Corinthians 12:9

Lord, I need to be honest. The pain is unbearable. Give me the courage to be real with others and to embrace Your power. Amen.