

**A Season of Grief
Day 37
Facing Your Emotions**



Men who seldom express emotions during times often find they do not have the tools needed to express their grief in times of bereavement. Their ideas of how a man should behave can hinder the healthy expression of their emotions.

Dr. Larry Crabb says: "Men are real problems and I am one of them. In a way that is different from women, men demand to be able to manage things. A man will naturally not move into chaotic situations where he hasn't got a plan.

"Emotions are probably the least controllable thing about our existence. So when a man begins to honestly face his emotions, his worst terror begins to be realized. He thinks to himself, If I face what's really happening in my soul, I won't have the resources to handle it; I won't come up with a formula or a game plan."

In the Bible, Jacob found it very difficult to move on and to accept comfort.

"Then Jacob tore his clothes, put on sackcloth and mourned for his son many days. All his sons and daughters came to comfort him, but he refused to be comforted. 'No,' he said, 'in the mourning will I go down to the grave to my son.' So his father wept for him."

Genesis 37:34-35

Lord God, I understand that the power and strength to heal comes from You and not my own ability. I give my life and my struggles to You.

Amen