

**A Season of Grief
Day 40
Talk about It**



Death is a part of life. Everyone experiences the death of a loved one.

“We are social beings, physical beings, and spiritual beings,” says Rev. Clay Evans. “When you lose someone you are attached to, it is normal, it is natural, for you to grieve.”

If grief is natural and is part of everyone’s life, why is there a feeling of discomfort when someone mentions the death of a loved one? Why the embarrassment when tears come during an ordinary conversation?

People in grief may avoid their friends and even their church to prevent these awkward moments. This is not how it should be. Someone needs to move beyond the discomfort. Be the first one to squelch the prevailing attitude of embarrassment and unease, and start talking about grief.

“Bear one another’s burdens, and thus fulfill the law of Christ.”

Galatians 6:2

Lord Jesus, grieving is as natural and as common as loving. I want to help make it as acceptable, too. May my healing journey spark healing in those around me.

Amen