

A Season of Grief
Day 23
Rock Bottom

Your visitors have left and gone home. The house is quiet. The adrenaline that you've been living on has stopped.

According to Dr. E.V. Hill, "Initially, you can expect great strength to do what you have to do. But then you can expect great sorrow. It will start coming in when the phones are no longer ringing and the people are no longer visiting.

"Then you can expect the visit of the devil. He is a booger. He knows when to come and what to say to make you feel even worse."

When your emotions have hit rock bottom, there is only one path to travel, and that is the path to God.

"Even to your old age and gray hairs I am he, I am he who will sustain you, I have made you and I will carry you; I will sustain you and I will rescue you."

Isaiah 46:4

Lord, in my weakness and the failing of my limbs, lift me into the palm of Your everlasting hand. You alone are my strength and my champion.

Amen