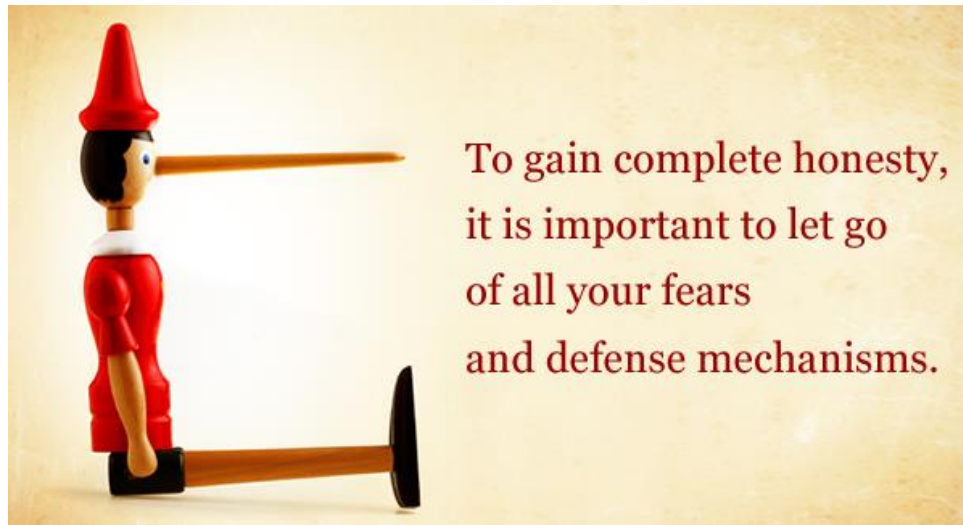


A Season of Grief
Day 43
The First Principle of the Journey: Honesty



Do you embrace honesty as a foundational principle in your life?

If yes, then honestly evaluate your emotions right now. What emotions and struggles have you experienced from the first moment of your grief until now, including those you have not admitted to others? Be honest with yourself and with other people.

“When you are suffering, you may sometimes tend to withdraw, pull back, and pull away,” says Anne Graham Lotz. “I do think there is a time for that, and each day you should spend time alone with the Lord. But don’t forsake other people, because other people can give you comfort and encouragement and help you keep your focus. Sometimes you can get so preoccupied with the problem that it consumes you. Other people can help give you a balance.”

God wants you to be truthful with yourself and with other people. He wants to free you from the debilitating effects of withdrawing and hiding your emotions. Jesus says in the book of John that “the truth will set you free.” Read the book of John to learn more about Jesus’ teaching, His truth, and true freedom.

“Jesus said, ‘If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free...So if the Son sets you free, you will be free indeed.’”

John 8:31-32, 36

Lord Jesus, I want to be set free.
Amen