

**A Season of Grief
Day 24
Uncontrollable Emotions**



Fear, depression, anger, loneliness, despair—these emotions come and go with dizzying unpredictability. Your life is like a roller-coaster ride that you can't get off.

Stay on the ride. You cannot hurry the grieving process. Each time one of these emotions comes flooding back, it is a sign that you are recovering.

“All the feelings, thoughts, and emotions rush back into my life. It's uncontrollable,” says Dr. Norman ZPeart.

But God is always in control. He is a solid rock, unmoving and unchanging. Build your life's foundation on Him.

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”

Matthew 7:24-25

Lord, I am hanging on for the endurance of the ride. You are a constant presence through my ups and downs.

Amen