

A Season of Grief
Day 8
Grief is Harder than You Think

The hardest time to learn about the process of grief is while you are in the midst of it. You may feel that you are taking a crash course in grief and that the learning curve is formidable. But those who seek to understand grief and loss will be better able to recover, so we commend you for your determination and effort to see this process through.

Dr. H. Norman Wright says, “Many of the right things to do in life are the most difficult things to do.”

Dear friend, even though you may be in the depths of despair and feel that God is faraway, now is the time to cling to whatever knowledge of Him you have. Today is the day to open your mind and heart for deeper understanding.

“If you hang on with whatever it is you know in your heart to be true about Him, then He will come through,” says Janet Paschal. “That’s a promise.”

“I lift up my eyes to the hills—where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber.” (Psalm 121:1-3)

Lord God, this is so hard. Please keep me from falling. Amen.