

A Season of Grief
Day 19
Embrace the Grieving Process

It is biblical to grieve. It is necessary to grieve. You must not suppress your heartache and sorrow.

“Weep freely; share your anguish, your deep concern, but always with the joyful assurance that Jesus is with you. The Prince of Peace is with you,” said Dr. Bill Bright.

“There is nothing wrong with tears. You miss loved ones who have gone away. But you are not to weep as one who has no hope. Christians can still have joy even in the midst of sorrow. Everyone experiences tragedy, believers and nonbelievers alike. The difference is the believer has Christ with him.”

At the graveside of his friend Lazarus, the Bible says that “Jesus wept.” **(John 11:35)** He understands your tears.

Lord Jesus, You are my only hope. Teach me how to grieve. Amen.