

**A Season of Grief
Day 42
Share Honestly**



You need to be honest about your relationship with the person you lost. Sometimes after a death, you may reinvent the relationship you had and make it either better or worse than it really was. Altering the truth will hinder your recovery process.

Remember the good as well as the bad about your relationship, not to feel guilt or sadness, but as an honest release.

“In my integrity you uphold me and set me in your presence forever.” (Psalm 41:12)

You respect my honesty, O Lord. Forgive me for changing the truth of this past relationship in my mind. My life cannot be rebuilt on the frailty and danger of lies and half-truths.

I honestly come before You now and tell You what You already know—the truth about my relationship with the one I lost. Here it is, Lord, the good and the bad. My honesty is stronger and more secure than any lies I have been fooling myself with.

Lord, uphold me in my integrity and be with me forever.

Amen