

A Season of Grief
Day 17
Denial

Are you living in a bad dream? Is every step and every move you make automatic and devoid of emotion? Do you feel suspended in time and unable or unwilling to start up again?

Don't worry. You are experiencing a typical first reaction to grief—denial. Denial is a natural reaction to one of life's most painful events. Your body uses denial as a protective device, be it consciously or subconsciously, to avoid facing reality.

"The clock will mean nothing anymore," says Rev. John Coulombe. "Barely will the calendar. People won't know what day it is, yet their senses are more keenly aware than ever before. It's like a dream that is happening, and they can't get out of it. Everything is in slow motion. But this is normal; this is a response to death."

You must not feel guilty or anxious if you are experiencing denial; God offers you reassurance for this portion of the journey. You can say with confidence, "Even though I walk through the valley of the shadow of death, I will fear no evil, for you [God] are with me; your rod and your staff, they comfort me." **(Psalm 23:4)**

Oh, Lord God, I am numb in the valley of the shadow of death, but I know You are holding me steady, and You won't ever let me go. Amen.