

**A Season of Grief**  
**Day 16**  
**Shock**

Shock is a sudden, violent disturbance to the body. The same term is used to describe the effect of an electric current passing through the body. You have likely encountered this paralyzing reaction in grief.

Dr. Norman Peart describes his feelings after the death of his grandmother: “The immediate feeling was that of shock and an awareness that I was not as in control of the world as I once thought. Then it was a numbness, a realization that there’s something missing from life now. There was also a great fear as to who could be taken next from my life.”

Virgil, who lost his wife, says, “When you go to a funeral, you hear people say, ‘Oh, he’s holding up so well.’ I don’t think that’s true. I think the person in grief doesn’t know what’s going on. That’s the state I was in.” Maybe you can relate to how Virgil felt.

When you are in shock and you feel powerless to cope and unable to think straight, understand that you don’t have to at that moment. Yet because of this, it is wise not to make any major changes in your life or decide on any important issues until your shock has subsided.

God will gently lead to safety those who consciously turn to Him and are dependent on His guidance.

*“The LORD will give strength to His people; the LORD will bless His people with peace.”*

**Psalm 29:11**

O Lord, my feet have been swept out from under me, but in Your loving arms I am  
steady and secure.

Amen