

A Season of Grief
Day 6
Unpredictable Emotions

The unpredictable timing and odd combinations of emotions that hit you during grief can leave you confused and despairing.

“My life was totally flipped upside down emotionally, in every way you could think of,” says Sue, whose husband died.

Your emotions not only hit hard, but they can also occur at unexpected moments, which makes the impact seem even worse. Being aware of the unpredictable nature of your emotions will help you stand firm during each new barrage. God’s promises in the Bible will also help you to persevere.

In **Matthew 5:4** Jesus promises comfort and a blessing for those who go through the process of grief and mourning: “Blessed are those who mourn, for they will be comforted.”

Lord, when my emotions come and go with no semblance of order, remind me that this is to be expected during grief, and help me to stand firm. Amen.