

**A Season of Grief**  
**Day 21**  
**Grief Cannot Be Rushed**

Your journey through grief cannot be compared to another person's journey. You will grieve in your way and in your time. Grief does not have a set time limit. The only certainty is that it will take longer than you want it to.

"It's a process that cannot be rushed," says Dr. Robert Jeffress. "As a pastor who has dealt with hundreds and hundreds of people who have gone through a loss, I can tell you that it is a process, and it is a longer process than any of us want to believe.

"Going through grief is like going through a tunnel. The bad news is the tunnel is dark. The good news is that once you enter into that tunnel, you are already on your way out."

Your journey is your own, but you are not alone. Do not be afraid to cry out to God,

*"How long must I wrestle with my thoughts and every day have sorrow in my heart?  
How long will my enemy triumph over me?"*

**Psalm 13:2**

How long, Lord, how long? This tunnel is so dark. Show me Your light.  
Amen