

A Season of Grief
Day 25
A Series of Losses

Life is a series of losses, and multiple losses will extend your grief journey. Past losses can include the deaths of loved ones and pets, job displacement, the loss of a home, a friends and family moving away. Less tangible losses include not being chosen for a particular project or committee and missing out on special events. If you have not dealt with these losses, you may have feelings of regret or sadness that will affect how you grieve your current loss.

“The old losses actually contaminate, intensify, and complicate this new loss,” says Dr. H. Norman Wright.

Once you understand that you are experiencing multiple losses, you will be better prepared for the depth and the different facets of grief that may have been confusing at first. The Bible shows that understanding can lead to peace. Understanding your grieving process will help keep you moving forward and not backward. Be prepared to grieve all your losses on this journey.

“I [Jesus] have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

John 16:33

You, Almighty Lord, are my Overcomer. Equip me to face life’s struggles while resting securely in Your victory and love.

Amen