

A Season of Grief
Day 45
The Third Principle of the Journey: Be Involved



“Don’t imagine that you’re gonna tough this out and make it all by yourself,” says Dr. Jim Conway.

Do you have a person with whom you can share your innermost feelings about your loss? Take action to find someone. Often it is helpful to find someone who has experienced a loss similar to your own.

Pray first that God will direct you. Then make a list of family members, friends, neighbors, and coworkers with whom you might share. Pick up the phone and plan a time to meet and talk. You might also call your local church and explain that you just need someone to talk to about your situation. Another idea is to find a grief support group where you can share, ventilate, talk, and find support from others who can truly relate.

“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up.”

Ecclesiastes 4:9-10

Lord, direct me to the person You want me to have as a friend and confidant during this time of grief.

Amen