

A Season of Grief
Day 7
Random Emotions

“My emotions occurred spontaneously, and sometimes two or three at the same time,” says Cindy, whose daughter passed away.

Although there are stages that are common to the process of grief, they do not occur in a predictable order. Your emotions will be random, sometimes overwhelming, and completely unique.

“Whatever your emotions lead you to feel, it’s okay to feel how you’re feeling,” says Randy, whose sister died. “I think there are several emotions people are going to go through that are beyond their control.”

Although you may feel overwhelmed and out of control, you can still have the deep inner peace that comes from God alone. Some people clearly sense the peace of God during times of adversity, but others wonder why they cannot feel it. Be assured that His peace is always available to you. Peace comes through a sincere belief in God’s presence and in His promises; it is not dependent on our feelings or sensations. Believe in His promises and rest in His peace today.

“Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.” **(2 Thessalonians 3:16)**

Lord of peace, when my emotions surprise and confuse me, may I rest in the peace of Your constant presence. Amen.