

A Season of Grief
Day 20
Grief is a Journey

If you want to heal from grief, you must go through it; you cannot go around it. The grieving process is a healing process. Do not look at healing as a goal you can only attain at the end of the process. Each step you take is a part of your healing.

“Grief is a process that is better thought of as a journey,” observes Dr. Time Clinton. “It’s just one foot in front of the other. It may seem that others have grieved very quickly, but those who have come through the process too fast have undone business in their lives.”

Take a moment to try and identify where you are on your grief journey. If you have admitted you are grieving, then your journey has begun.

Rest assured that the God of all time, the First and the Last, the omniscient and omnipotent God, will be with you every step of the way, and He has already placed your healing in His plan.

“Your word is a lamp to my feet and a light for my path.” **(Psalm 119:105)**

God, all I can do is put one foot in front of the other, but I know for sure that my journey has begun. Amen.