

A Season of Grief
Day 1
Understanding Your Grief

Grief is not an enemy or a sign of weakness. It is a sign of being human. Grief is the cost of loving someone.

Since grief comes to everyone, why do some people seem to work through it better than others?

“Some people think that going through the losses or crisis of life are the exceptional times,” says Dr. H. Norman Wright.

“I see it differently. I see the times of calm as the exceptions. Life really is going through one loss after another, one crisis after another.

“Instead of avoiding talking about these times, let’s do our homework. When you know what to expect, you’re not thrown by them as much, and you’re going to be better able to recover.”

Join us each day for the next year as we walk with you on your journey through grief, strengthened and enabled through the Lord Jesus Christ.

“But those who hope in the LORD will renew their strength. They will soar on wings like eagles: they will run and not grow weary, they will walk and not be faint.”
(Isaiah 40:31)

Lord God, teach me to embrace my grief and not fight it, so that I may experience the true healing that comes from You. Amen.