

A Season of Grief
Day 46
What Are You Feeling?



To help you express your emotions and share your story with others, it will be helpful to identify and define what you have lost and how you feel about it. Follow these steps:

1. Identify your loss. What did you lose?
2. Determine your specific feelings about that loss.
3. Tell someone: "I'm feeling—because of this loss."

Dr. H. Norman Wright says, "What you need is more public affirmation and recognition of the fact that what you went through is a very legitimate loss, and you need to have grieving opportunities for that."

Identifying your losses and your feelings is an important step to take at the personal level, but it is also important to share these feelings with another person and receive his or her affirmation.

"Accept one another, then, just as Christ accepted you, in order to bring praise to God."
Romans 15:7

Righteous God, what am I feeling, and with whom can I share my feelings? Make this clear to me, and give me the courage to follow through.

Amen