

In Grief you can grow

by
Bruce Woolard



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Your great loss seems so unbearable and unbelievable. You are in deep mourning and everything seems so futile. Like a flower growing in darkness stretches out to a sliver of light so you need to reach out to the only One who can help you to make sense of your ordeal.

Such circumstances may make one feel bitter or better. Do not be alarmed by your feelings and thoughts that cause you to question life and its purpose. Neither should you inflict yourself with feelings of guilt because you question God. The Lord understands your emotions. He designed us for two worlds. The physical and the metaphysical (beyond the physical). Those we love who have passed still live. This profound fact is an undeniable reality. It is normal to feel angry and disappointed. Your loss has left you feeling emotionally numb and alone.

There were so many special plans you had hoped would materialise, but now all you can do is imagine how wonderful it would have been to have them fulfilled. If physical death is the end of life, then we are to be pitied. But death cannot destroy the immortal soul and personality of the one who meant so much to you. While you carry the burden of loss, those who have “died” have been promoted to a higher status in the heavenlies.

Christian faith teaches us that to be absent from the body is to be present with the Lord – 2 Corinthians 5:8 *“We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord.”* Citizenship in heaven is guaranteed to all who confess Christ as Saviour and Lord.

Imagine your precious loved one enjoying life without the physical burdens of this material world. As tough as it is, try to change your thoughts to focus on the hope of everlasting life and the continuity that they who have passed are experiencing. Every one of us who live in the flesh will one day depart. This need not be daunting or morbid. The tragedy of death is often the triumph of life. The grieving period will cease. You need to be patient with yourself. Sorrow and loss is an emotional roller coaster ride, but the time will come (usually after 24 months) and you'll be ready and willing to move forward with your life. The scar will heal but will always be there as a reminder of a life once lived with the one who made your life complete and so meaningful.

Be assured of my thoughts and prayers.

We don't know what the future holds, but we know Him who holds the future! We don't know the road, but we know Jesus Christ, who is the way! Even though we don't know all the answers to questions, we know by faith the Lord has all the answers. We know that in Jesus Christ we have the answers to all the most important questions of life. For this reason, individual communion and fellowship with God's Son is imperative. If we want to receive God's gracious gift of forgiveness and eternal life, we need to open the door of faith to Jesus Christ. His glorious presence brings us the comfort we need.

*“Not until each loom is silent
and the shuttles cease to fly,
will God unroll the pattern
and explain the reason why
the dark threads are needful
in the Weaver's skilful hand
as the threads of gold and silver
for the pattern which He planned”.*

(Anonymous)

Speak quietly to God about your questions and your pain. Accept the sovereignty of Christ, even in the barren land of shadows through which you are passing. Then you will become a recipient of God's wisdom and power.

One day you will meet Jesus Christ face to face, and you shall know as you are known by Him. Until such a day you will have to, by courage, faith and trust, live without the answers and still cling to Him under the darkest circumstances. The reward will be worthwhile.

1 Corinthians 13:12

"For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known."

God's Sovereignty Defined

God permits or allows bad things to happen to ultimately accomplish His Perfect will – Romans 8:28 *"And we know that all things work together for good to those who love God, to those who are the called according to His purpose."*



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