

**When we look through the
clouds of darkness We find
the Sunshine of God's Love**



**When the world seems
bigger than God**

Read Psalm 90

When God seems far away

Read Psalm 139

When you want Courage

Read Joshua 1

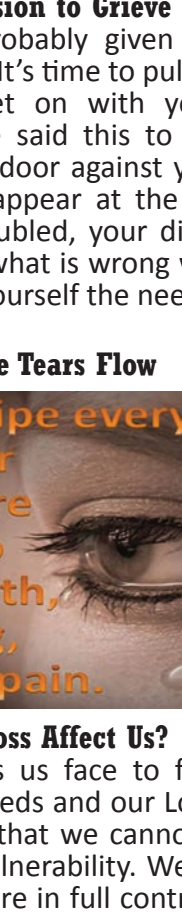
When Men fail you

Read Psalm 27

The Need for Giving Ourselves Permission to Grieve

Someone has probably given you this piece of advice: "It's time to pull yourself together and get on with your life." Maybe you have said this to yourself! So you slam the door against your grief only to have it appear at the window. Your sleep is troubled, your disposition is edgy. You ask what is wrong with me? Nothing! Allow yourself the needed time for grieving!

Let the Tears Flow



**He will wipe every tear
from their
eyes, there
will be no
more death,
mourning,
crying or pain.**

Does Loss Affect Us?

Oh yes, it brings us face to face with ourselves, our needs and our Lord. With loss comes pain that we cannot ignore; it exposes our vulnerability. We want to believe that we are in full control of our

lives; however, death of a loved one can shatter that illusion violently. It is said "Death is the father of all losses" and it demands to be reckoned with. Loss opens the door to the deep parts of our soul and exposes us in ways we would rather not admit. So many of us try to avoid the loneliness, vulnerability, longings; all natural feelings that need to be reckoned with. Proverbs 14: 12 says "THERE IS A WAY THAT SEEMS RIGHT TO MAN, BUT ITS END IS THE WAY OF DEATH." We try diligently not to face the pain of loss, but this can also cause a lost opportunity to experience Jehovah's Loving-Kindness!

God's Loving-Kindness is a salve that will bring relief in our most lonely moments. Yes, He provides a safe haven of rest in the midst of our vulnerability. These words are ever present "I WILL NEVER LEAVE YOU NOR FORSAKE YOU!" We answer "THE LORD IS MY HELPER." This precious Truth will help us to survive and prosper in our faith and trust, even if others abandon us in this trial. To have faith will not exempt us from the trial of loss, but will provide for us the needed resources to effectively deal with this grief.

Is the process of Grieving orderly?

No, there can be stages of anger, denial, and depression: we must rely on God's ability to take our hand and lead us through this well-traveled path of those who have preceded us and the many yet to follow. We don't have to take this journey of pain and loneliness alone. Psalm 34: 17 **"THE RIGHTEOUS CRY AND THE LORD HEARS."**

GOD speaks to us saying: "Let not your heart be troubled, my peace I give to you." Our life has not lost its meaning; it has taken on new meaning as we bury our past and write a new chapter in our lives. GOD has promised a day of restoring mankind Acts 3: 21 **"A TIME OF RESTITUTION OF ALL THINGS."** We can turn the losses we have sustained into a gain. We can use them as tools to help us grow in our understanding and sensitivity to others.

It is virtually impossible to experience the death of a significant person in our lives without stirring up spiritual thoughts.

Jehovah has promised in John 5: 28 **"ALL THAT ARE IN THE GRAVES SHALL HEAR HIS VOICE AND COME FORTH . . .UNTO THE RESURRECTION OF LIFE."**

During grief we can believe “I will never be happy again.” We question, will I ever find love and happiness again? Whatever beliefs we create for ourselves, we will set about gathering evidence to support them! Jesus says Heb. 13: 5 “**I WILL NEVER LEAVE YOU OR FORSAKE YOU.**” While we journey on our path of life, we may feel like we are in a dense fog, not knowing what way to turn, wondering if we will ever see the sunshine again.



Heb. 13:5 invites us to look right through those clouds of darkness into the sunshine of God's love. Jehovah puts signposts along our path of grief: Jesus, Family, Friends.

Yes, days come when you will no longer be consumed with the thoughts of your loved one. Your energy level and ability to concentrate will improve; Oh, you will be able to laugh once again without feeling guilty. Memories of your loved one will no longer double you over in pain; rather they will bring warmth to your heart.

**“To weep is to make less
the depth of Grief”**

You may have found that your tears make other people uncomfortable. You may find them troubling yourself. However, that does not mean you shouldn't cry. Regardless of what your parents told you; big boys do cry, so do big girls. It is unshed tears that make your head and stomach hurt. Falling tears wash away some of the pain and relieve damaging stress. Scientists who study such things have found in tears certain brain chemicals that are natural pain relievers. But in the coming kingdom God has promised an end to this hurt. Rev. 21: 4 says **“GOD SHALL WIPE AWAY ALL TEARS FROM OUR EYES, THERE SHALL BE NO MORE DEATH, SORROW, PAIN, CRYING, THESE FORMER THINGS WILL PASS AWAY”**. Tears are not a sign of weakness rather a sign of strength. **ANOTHER GIFT FROM GOD!**



*Our Tears
Testify to
Our Love*

Healing Helps for a Broken Heart

*Grieving and worn, discouraged
Sick of the day-long strife,*

*Bruised by the restless tossing
Over the sea of life,*

*Let not your hearts be troubled
Only believe and trust,*

*Thus do the healing waters
Flow o're Life's desert dust.*

*The Lord is close to the brokenhearted
and saves those who are crushed in
spirit.—Psalms 34: 18*

Trust in the Lord

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