

GRIEF

1.3.12

Grief is the price we pay for love. We wonder when grief hits hard, "Why did this happen?" Was it to remind us of the brevity of life? Was it to deepen the faith of those who carry on? It's hard to answer 'yes' when everything seems dark. The most important thing to us at that moment is to be relieved of the pain. But when we move through adversity rather than avoid it, we ~~react~~ greet it differently. We become willing to let it teach us. We see how God can use it for some larger end. Ultimately, mourning means facing what wounds us in the presence of the only One who can heal us. Weeping may endure for a night, but joy cometh in the morning. (Psalm 30:5) Morning will come and your grief will ease with time. The fact that you're willing to embrace the pain rather than try to escape it, ~~is~~ guarantees that. It's not that you'll forget; it's that you'll remember differently - with more gratitude and less grief. I had to learn this by not running but embracing my grief. Try it, it works!

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