

GRIEF

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Grief comes from loss, or change that brings the loss of something. It is most often thought of when someone we love dies. It can make you feel angry, sad, lonely, tired, overwhelmed and even crazy. It can rob you of sleep, your appetite and concentration. It can be from the loss of someone you love, a job, a home, a friend, the loss of youth, abilities, the loss of children at home, loss of a career, even the loss of one season as it changes into another. We can grieve things we choose like a move to a new house, but feel loss as we leave the familiar one behind. Marriage can be grieved even by the one who chose divorce. Almost everyone, if not everyone has been through a time of grief. Many people have been through an intense time of grief often after someone they were close to has died.

Grief can bring with it gut wrenching pain, but also comfort. It is in some of your toughest times that we can see God showing up in our life. In John 14:27 Jesus tells us, "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

I lost my dad a few years ago, who I was very close to. During the first couple weeks after he died, I felt God carrying me through that time. In my foggy state of shock as I made funeral arrangements, necessary phone calls and comforted my two young children who has just lost their grandpa, I felt God moving me and guiding me in a way I never had before, nor have since. I also felt comfort from friends who made sure I ate when I had no appetite and who took my kids out for a distraction while I cried out to God. As I look back at that time, I am reminded that as hard as it was, I also experienced something in my relationship with God and with some friends that can only be described as good. But, I guess that doesn't surprise me with God. He can bring light out of darkness, good out of bad, comfort out of pain and understanding out of confusion.

I don't know exactly how God will show up in your grief. I am certain that if you are open to Him, He will show up. Please remember that He can handle your denial and shock, your sadness, your loneliness, your pain and your anger. Also remember that He may show up through others, so accept help and comfort and don't be afraid to ask for help or seek help.

"Blessed are those who mourn, for they shall be comforted." Matthew 5:4