Grief and Loss

August 28, 2013

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” (John 14: 27)

The world is in a hurry to get past grief and loss. It even seems that the world wants us to avoid and deny grief and loss. Scholars agree that grief avoided or denied will be more difficult to deal with later. Sooner or later each person who has lost a loved one will have to go through the grief and loss process. It has been said that grief is the price we pay for the experience of having loved someone deeply and then lose that loved one. When my husband passed, I thought the process would never lead to peace. In seminary, I studied the process of grief and loss. In my head I knew moving through the emotional stages of denial, anger, loneliness, and blame was a part of the healing process. However, like all who have lost loved ones, I wanted to know when will I get better. When will my life return to some sort of “normal? When will I experience the peace that the Lord promised.

Prayer:  God of us all, your love never ends. When all else fails, you still are God. We pray to you for one another in our need, and for all, anywhere, who mourn this day. To those who doubt, give light; to those who are weak, strength; to all who sorrow, your peace. Keep true in us the love with which we hold one another. In all our ways we trust. And to you, with the company of all the saints in heaven, we offer honor and glory, now and forever. In the name of Jesus we pray. Amen.

Submitted by Rev. Annie Travis