

## **GRIEF**

Pain is pain. When you lose something or someone precious to you, it leaves a hole in your life.

It feels as though there is a deadness inside of you. Like there is nothing where the music used to be except a kind of silence. The emptiness keeps on growing until it finally swallows you up until your entire life is absorbed into that gaping, empty abyss—and there is nothing left except pain and anger and misery. The “vacuum of despair”, it is called.

Losing hurts. And so we grieve. There is nothing wrong with that. We need to grieve. Grief is a vital part of being healed. It doesn't pay to try to shortcut the process. You have to just go through it, experience it, and be engulfed by it. At least for a time and it doesn't have to last forever.

Sooner or later you have to face the pain. You have to choose between resignation and acceptance. There is a difference—a critical difference—between resignation and acceptance. Resignation doesn't leave any room for hope or joy. It is a closed door. And sometimes a lot of anger and resentment are trapped behind that door. But acceptance leaves the door open for God to work his will.

You have to admit that you can't handle it alone. You can accept the circumstance, whatever it is, and lay it down at the feet of the Lord. To do that, you have to believe that God has a reason for allowing even suffering. Whatever the pain, you can be sure that God will work in and through it for your good and his glory.