

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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## **Grief**

"Grief hallows hearts, even while it ages heads." – Philip James Bailey

"Memory is the only friend of grief." – Rumer Godden, *China Court*

"Grief won't kill you, but it will knock you off your feet." – Russian Proverb

"Grief knits two hearts in closer bonds than happiness ever can; and common sufferings are far stronger links than common joys." – Alphonse de Lamartine

"Well has it been said that there is no grief like the grief which does not speak." – Henry Wadsworth Longfellow

Certainly one of the hardest things you have to deal with in life is the loss of a loved one. It is a feeling of utter devastation. And the closer the bond, the harder it is to face the separation.

Such feelings are not isolated, as we know, to human beings. Sometimes we face extreme hardship at the loss of a pet.

What is key is how we deal with our losses. Grief counselors know that there are steps or stages that accompany such ordeals: denial, guilt, anger, and depression. God can help us through such trials. "God is our refuge and strength, a very present help in trouble" (Psa. 46:1). "Casting all your care upon Him, for He cares for you" (1 Pet. 5:7).

It is extremely important that in whatever trials we face, that we do not blame God. Do you remember how Job responded to his great loss, including that with his children? "Then Job arose, tore his robe, and shaved his head; and he fell to the ground and worshiped. And he said: 'Naked I came from my mother's womb, and naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the Lord.' In all this Job did not sin nor charge God with wrong" (Job 1:20-22).

When tragedy strikes, and it will, we must find a way to cope with it. And the only way possible spiritually is to turn to God to lean upon and not blame.

Often you will hear people say, "And where was God?" You heard it post 9/11. You have heard it after shootings, and whatever catastrophes that man has had to face. The lack of immediate action puzzles folks and they claim God doesn't care. To the contrary, God does care. He is where He was when His only Son was crucified. We should be grateful that He did not intervene even then or we would have no hope.

May your tragedies move you closer to and not further away from God.