

Overcoming the loss of a loved one by lcl

Recently, I read of a woman feeling down about the passing of her mother. Even though I do not know either of them, I recall my own times of pain and feel the pain of the one that is left and would like to offer what I can to all of us who will lose those dearest to us. This is a natural occurrence that we all face, and represents major changes in our family and friends. Words can offer little help it seems, but their love, our love, the love of other friends and family and God's love have not changed. These loves will triumph over the loss if we allow it and time will heal the wound. Staying busy, being creative, reflecting on pleasant things and allowing ourselves to release the tears of pain does help to get us through. Be kind and pamper yourself some for awhile. Other family and friends can also help with encouraging words and actions. Know that we are never alone for even if others are silent, God is always available and does love us greatly. God proved that when He sent His son to save us where we could not save ourselves. He put us and our welfare before the pain that He, Jesus and the Holy Spirit felt during this act.

I too am sorry for your pain in your loved ones passing. Know that, even though we will never forget those closest to us, the pain will lessen in time. Know also that even though that person is not physically here now, their love and life remain in your heart and in those who knew him or her. Blessings in love have accompanied those who have passed from earth to Heaven where they have already received crowns from Christ for their godly life here on earth. Know also that your pain will abate further when you can find ways to bless others in need. Good deeds help us feel better about ourselves and life in general. God also promises not to put upon you more than you can bear. Therefore, be encouraged that you can overcome all trials that you face. Even, the passing of those you hold dear. Continue to trust in and ask for God's love and He will comfort you with His Holy Spirit. Know that you are growing in strength through each trial overcome. We grow in the valleys, instead of the mountaintop experiences. May your tears of the evening be replaced with joys in the coming mornings and may God bless you greatly in your times of need.