

Suffering is always theoretical until it is us who are suffering. We are in a time of unprecedented suffering and loss. It is a reality we did not expect, we did not plan for and we desperately wish would go away.

In the Old Testament when Rachel could not have children... Her dream of being a mother died and she wept and mourned. She could not see into the future when she would have a son and name him Isaac or *laughter*; she could only see her present grief.

*Jer. 31: 15 This is what the LORD says: "A voice is heard in Ramah, mourning and great weeping, Rachel weeping for her children, and refusing consolation, because they are no more."*

When we are grieving our world is spinning and it is hard to find a place we can stand. Here are three steps we can take to find our footing.

1. We need to identify what we are grieving over? there can be multiple causes for our grief select the most prominent one.
2. How do you feel? .... A grief is basically a loss that leaves a hole in our lives and plans.
3. How will this affect the rest of your life? .... How are you going to move forward? How will you get past this grief? How will you live life after your loss?

Jesus,

You never said it would be easy only that you would be there for me. As I feel grief over the loss of my time, my dreams, my hopes, my income, my sense of security, let my life rest in your hands and let me have the attitude of your servant Paul, when he writes to the Philippians' *1b... for I have learned to be content regardless of my circumstances. Amen.*