

**Words of Life**  
**Daily Devotional**

**A SEASON  
OF GRIEF**



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## A SEASON OF GRIEF

A season of grief is a devotional that addresses the process of mourning and the effects it has on our lives. When we discuss death, we must also discuss being prepared for our own death. This devotional focuses on God's Word and His love for us. His love for us has given us everything we need to be prepared for death.

John 3:16 NIV For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.

God's love for us provided us with Jesus Christ. Jesus Christ came to this earth and lived and died for us. His death was for us. He took our place and paid the price for our sin.

Romans 6:23 NIV For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

You do not have to pay the price for your sin because Jesus paid that price for you. He loves you that much!

The Bible also tells us that the heart of the wise is in the house of mourning (Ecclesiastes 7:4) – this is true because a wise person recognizes death is a fact and they prepare for that time. We prepare for death by receiving the gift of Jesus Christ. Jesus Christ paid the price for our sin; He died in our place so that we could have eternal life.

Romans 10:9-10 NIV That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Have you received God's free gift of life? Today is the day to open your heart and receive. Pray now. Accept what Christ has done for you!



## Day 1 – by Stephanie M. White

### **Ecclesiastes 3:1, 4 NIV**

**There is a time for everything, and a season for every activity under heaven...a time to weep and a time to laugh, a time to mourn and a time to dance.**

There is a time to mourn and weep. We must never feel like we cannot grieve. This is part of loss and it helps us to deal with the emotions we experience during this time.

This devotional is entitled “A Season of Grief” because of this very verse. There is a time to mourn; there is a season or an appointed time that needs to be set apart to deal with loss. This devotional will take you through fifty such days. Forty continuous days of doing something produces a habit; we need to be in the habit of abiding in the Word of God.

We can ignore loss and just keep on going, but this will leave us with unresolved feelings later on. These feelings need to be addressed. Do not allow others, your flesh, or the world, to make you feel as if you have no right to grieve. There are some who even state that grieving is a lack of faith; this is false! Grieving is nothing more than experiencing great sorrow. This does not mean that we are lacking faith! It simply means that we are human and we have suffered a great loss. Faith will take us through grief, but faith does not eliminate the experience of grief. There *is* a time to grieve.

Genesis 23:2 KJV And Sarah died...Abraham came to mourn for Sarah, and to weep for her.

Biblical figures mourned loss. We cannot ignore the anguish we feel when we lose a loved one; we must address it with the Word of God. During a season of grief we must be sure to take the Word of God in regularly. Remember that we can take the Word in through the written Word, song, or the spoken Word – take it in however you can.

As we abide in the Word, we will find ourselves leaving the confinements of grief and entering a state of joy. There is also a time for dancing!

**Day 2 – by Kathleen Higham**  
**God's Will**

Lord thank You for this moment  
Even if affliction rules the day  
I thank You for each breath I take  
You said it would be this way.

For You have promised eternal life  
But only if we walk in Your Will  
And the Will of God is the Word  
In Him let our hearts be still.

Close your eyes and meet with Him  
Take one step through each loss  
Following Him in faith and trust  
Take one step back to the Cross.

For the Will of God is Salvation  
So leave your old life behind  
Walking with His Divine direction  
And the Path of Christ you will find.

God's Will is surely a clear call  
His Word is a lamp to our feet  
But still we depend on our faith  
Seeking Him at His Mercy Seat.

He desires that no one should perish  
Be submissive and surrender your soul  
Your suffering can be purposeful  
His Will is the ultimate goal.

So rejoice and pray unceasingly  
Then step blindly around the bend  
Standing at the foot of the Cross  
Where His Light shines without end.

## Day 3– by Stephanie M. White

### Deuteronomy 34:8 NIV

**The Israelites grieved for Moses in the plains of Moab thirty days, until the time of weeping and mourning was over.**

In Deuteronomy we see that there was a time of weeping and mourning; there was a *set* time or a season. In this instance, it was thirty days. There were thirty days set aside for nothing but grieving their loss. This does not mean that we cannot mourn for longer than thirty days; it *does* mean that we cannot *live* in the grief. After this set-apart time, they were to move forward even though they were still in pain; grieving their loss would no longer be their main focus.

When we experience loss we are tempted to stand still. This temptation must be met with prayer and the Word of God. Many times we do not feel like we can pray or read when we are grieving, but that is where we will find our strength to go on. There will be a period of time where you feel immobilized though; this is that set time. God wants us to understand that it is normal to grieve a loss, but He also wants us to know that this is not meant to be our way of life.

You may have lost someone years ago and you still feel as if you are in mourning; this is not unusual. A loss affects you for the rest of your life. If we are honest, things will never be the same. The loss of a loved one has an emotional impact that will never pass, but we *can* move forward.

As you read this devotional, I pray that the Word of God will inhabit your being and move you to go forward in life. This does not mean that you forget the loved one you lost, but it does mean that you cannot live in the past forever. In Christ we can overcome the debilitating power that grief can have over us and we can rejoice in the memories God has blessed us with. If your loss is significant it is because the impact they had on your life was monumental; we have much to be thankful for as we remember those we are missing. Even though our hearts are heavy, we *can* move on in life and live life to the fullest through Christ. Our loved one would want it that way.

**Day 4 – by Kathleen Higham**  
**Your Son**

There is no pain as this  
God knows about a Mother  
A Son died on a Cross  
There is no pain, no other.

All will suffer fiery trials  
For a little while, God said  
Grief may come and crush us  
When from a loved one, life fled.

There is no pain as this  
When a Mother loses a son  
She falls to her knees, broken  
Remembering in her womb, as one.

Tears of life dry, then end  
But the memories never fade  
A tiny hand rested in yours  
Then a Mother was betrayed.

There is no pain as this  
No answer to her prayer  
Anger comes in gasping breaths  
Questioning, “God do You care?”

How could this ever happen?  
In your body this child grew  
In a second, gone forever  
The son so loved left you.

There is no pain as this  
But the Mother of God, she knew  
Her Son was crucified before her  
She fell to her knees too.

Oh Lord, there must be peace  
I pray that You draw near  
Your Son, my son, together  
Perfect love casts out all fear.

John 4:18

## **Day 5– by Stephanie M. White**

### **Matthew 5:4 NIV**

#### **Blessed are those who mourn, for they will be comforted.**

For the most part, we do not equate mourning with blessing; however, God does. This may seem like an oxymoron, but God *does* know what He is talking about.

The blessing in mourning is the comfort we can receive from God if we are willing to accept it. When we are mourning God can speak to us in a way we may not respond to at any other time in our lives. When we are grieving we feel broken. Broken, but not beyond repair. Remember, God can do a work in us when we are at our lowest point that He may not be able to do at any other time.

“Comforted” was translated from a Greek word that means to call near. This word also means to invite, to console, to call for, and to beseech. This word demonstrates God’s desire to heal our broken heart by drawing us close to Him.

If your heart is broken you may be mad at God. This feeling is real and it needs to be dealt with immediately. God is the only answer to your grief; He is the only One who can heal your broken heart. This anger we may be feeling is of the flesh and it is keeping us from God. Go to Him and talk to Him. Tell Him how you really feel. Meditate on Scripture that expresses God’s love for you. Realize that you may not understand why you are suffering loss, but God does have a plan. Continue on with this devotional and discover His plan.

God wants to console you – He wants to comfort you; but, you must allow Him access into your broken heart. You are not suffering loss because God is bad; you are suffering loss because death is part of life in this fallen world (Psalm 89:48).

God is calling us near; He is inviting us to cling to Him. When we begin to answer this call, we begin to find that this is where we are meant to be at all times. Clinging to God is not just for times of grieving; clinging to God should be our way of life. This lifestyle is the blessed life! The life that is dependent on Christ is blessed indeed!

**Day 6 – by Kathleen Higham**  
**A WING AND A PRAYER**

Dear Friends,

When I was a very young nurse I had a friend who pulled into my driveway one morning, got out of her car and screamed, “My water broke and this baby is coming now!” Let me say that my husband drove our car right down the median strip of Belmont Avenue with the horn blaring! When she planted her feet on the dashboard I thought he would have a heart attack! “Oh no you don’t push!” I screamed. We flew into Northside OB parking lot on two wheels and thank God the nurse came running with the wheelchair. Her words, “This one came in on a wing and a prayer, don’t worry sweetie we are almost there.” I never forgot those words and her daughter came into this world three minutes later, on a wing and a prayer.

It troubles me when I hear another say, “If that person would have had more faith, God would have healed him.” This is a very misguided and damaging statement. It can cause Christians to be disheartened and maybe even falter. We have all experienced the loss of a loved one. Does this mean we didn’t pray enough? Believe enough? Trust enough? Dear God in heaven how could anyone hold these thoughts in their mind and worse yet express them to one who is grieving? One of the most memorable stories in the Bible is when Jesus raised Lazarus from the dead! But guess what guys? Lazarus still died! He eventually died as we all will. Our bodies were knit together in our mother’s womb. God planned it, and He knew us before we were ever born. There is a time for every season; a time to live and a time to die. Well surely believing and asking God for help can bring healing. I believe this is absolutely true, but when God calls you home, it has nothing to do with how strong your faith is. It is simply your appointed time to rejoice with your Father in heaven. I don’t know why some join Him at such a young age, but you can be sure that God knows. Someone, somewhere, somehow was touched by God when these sorrows came to be. I know this because I have experienced it firsthand when my mom died. Most of my

friends know that I found her body. She was too young, too wonderful, and too precious to die. It took me one year to accept why; not exactly why, but to find peace. Her death caused me to ask Jesus Christ into my life. Romans 8:28 "All things work together for the good for those who are called according to His purpose." Before my mom died I had no purpose in my life with God, but through this tragic loss came peace, knowledge, and joy. When you find yourself so low, there is only one place to go. I lifted my eyes to God, cried out to Him and mercifully He took me in. My mom died; as a matter of fact, my entire family, parents, brothers have all passed away. I see life as a gift, but life with God is indescribable. When I go from here to "There" well, I'll leave my loved ones behind in prayer. A prayer that is answered in God's way. For all of us, all of us will pass away. Thank God it has nothing to do with what we believe. That is the devil's desire to deceive. Our faith is more than a Bible story. It is going to eternal life to live in glory. So, your faith, my faith does not hold us here. It is a Divine appointment when God draws us near. Prayer is truly essential and He loves to hear us pray. But our faith, belief, and prayers, though grand, will not alter the celebration He has planned. It was never about faith or fate. Only God knows the time and date. When at last we see His face, there will be no thought of the previous place. Faith is how we live each day and it pulls us closer when we pray. One more breath He gives to me. Till one day a final sigh, for this old body was meant to die, but the spirit was meant to fly to the heavens on your prayer. On an eagle's wing without a care; to be with God my Father, who waits there...

Feeling a fluttering, warmth  
That brings His holy sigh  
I am there with my Father  
Left behind loved ones to cry.

I rode your prayer to heaven  
Please do not wonder why  
There is peace, so much peace  
It was time for me to die.

Do not ponder your faith  
Believing we could rearrange  
For my God the Father knows  
Some things prayers won't change.

There is a celebration, grand!  
The angels are singing my story  
I rode your prayer to heaven  
To my Father to share His Glory.

Do not ponder your belief  
The date was divinely appointed  
He waits patiently for each of us  
By Him we are all anointed.

Feeling a fluttering, warmth  
As His presence fills the air  
Riding on an eagle's wing, to  
Heaven: On a wing and a prayer.

**Proverbs 23:5**

**“They fly away like an eagle toward heaven.”**

**Exodus 19:4**

**“Have you seen what I did to the Egyptians, and how I bore you on eagle's wings and brought you to Myself.”**

## Day 7– by Stephanie M. White

### Isaiah 57:1 NIV

**The righteous perish, and no one ponders it in his heart;  
devout men are taken away, and no one understands  
that the righteous are taken away to be spared from  
evil.**

As we ponder death, we must remember this verse. God is merciful. Many times we do not understand God's plan or His timing, but this verse shows us that His plan is for our ultimate good.

We have no idea what our loved ones are being spared from by being taken home. Life is full of hurts and pain; some pains are never recovered from. Every pain can find recovery in Christ, but there are times when people cannot find their way to that recovery. God may have been sparing your loved one from just such a pain.

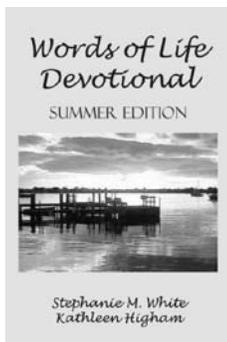
We must especially remember the love that God has for us during these times. God is love; He is not hate, anger, or punishment. He has *not* taken your loved one away from you for vindictive or vile reasons. We can find comfort knowing that God is lovingly directing our lives.

This passing of our loved one is a painful time for us, but it is precious in God's sight. It is a valuable, prized, and beloved time.

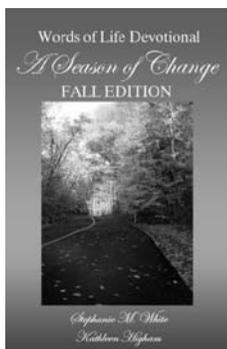
Psalms 116:15 NIV Precious in the sight of the LORD  
is the death of His saints.

The death of a child of God is precious in God's sight. It is the time for God to be united with His child in eternity. What a wonderful union and time of rejoicing. The culmination of our life here on earth is the beginning of our eternal love story. The love of God envelops His child as He brings them home to spend eternity with Him. If we could only see what they are seeing now, we would long to be where they are rather than have them back where we are!

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