

Friday - February 24

He heals the brokenhearted and binds up their wounds.

Psalm 147:3 (NIV)

The grief associated with death occupies every part of your mind, body and soul. There is no overcoming it or going around it. You walk through it. Gut-wrenching walks covered with feelings of pain and loss can lead to walks of intense clarity and hope. I see our God in the clarity and the hope. He's provided a vision of purpose. A purpose not based on arrival at a specific point but rather trust in His process. Seek God, pray to Him, breathe in the world around you with eyes wide open.

The goosebumps on your arms and neck that appear during a powerful sermon - that's God. The warming of your heart as you read a text from a friend that arrives at just the right time - that's God. And even the tears that stain your face as you try to pray to that God are ok. He hears the unspoken and provides His grace. The grief will not diminish or go away but God binds our wounded hearts with healing. Healing that begins when grief births gratitude.

Tara

Prayer: Dear Heavenly Father, please continue to walk beside me and embrace our family with clarity and hope of healing. Guide us as we seek to be gracious despite our pain. Allow us to live Your process with open eyes and hearts. In Your loving name. Amen.