

Thursday - March 9

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4 (NIV)

The loss of someone we love is one of the most painful experiences we endure as humans. When that loved one is a family member, it is a deep wound of the heart which can feel like joy is elusive and you don't know how you will get through your days. I encountered this deep wound for the first time when my mom died in 2020. I knew that clinging to God would eventually get me through the heartache. It allowed me the experience of receiving love and care from supportive friends, especially those that truly understood how I felt because of their own experience of losing a parent. The same was true for my dad who received the special support and words that could only be expressed from another heart that had lost a beloved spouse. With the help from other wounded people and our God, we learn how to get through our days and feel joy again. To me, this is seeing God. He takes our pain and transforms it into the ability to help the next suffering mourner. "Pain shared, my brother, is pain not doubled, but halved. No man is an island"-Neil Gaiman, Anansi Boys.

Kristina

Prayer: Dear Lord, I pray that whatever trials I face in life, You will help me understand that You are creating in me the ability to help another human heart that needs Your comfort and peace. Thank you for Your unfailing love and help me to share this love with others. Amen.