

Prayer Corner 8

Thoughts on Grieving

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Dear friends,

Many in our church and community have experienced the loss of a loved ones. I have been exploring comforts found in scripture, prayers, and song. I hope this entry will bring comfort to all who grieve.

Scriptures

“Blessed are they that mourn for they shall be comforted.’ Matthew 5:4

“...His favor lasts a lifetime; weeping may stay for the night, but joy comes in the morning.”

Psalm 30:5

Prayers

Sometimes we can find comfort from the prayers of others. I suggest this link [10 Prayers in Grief and Loss](#)

Sometimes, our grief is so overwhelming that we cannot find the words or even the thoughts to pray. It is then we can simply ask the Holy Spirit to intercede for us. In contemplation, I offer this prayer:

Dear Holy Spirit,

My heart aches. I miss my loved one so much in all the things I do each day. Now I do them alone-waking up alone, sipping coffee alone, making plans alone, walking alone. Throughout the day, my memories flood my mind; tears overflow my eyes. My heart hurts. When will this aching pain stop?

I pause and sit in silence, tears flowing unchecked down my face. I wait.... and then I am aware of a voice not heard by my ears, but somewhere heard in my soul spirit.

The voice says, "Listen, Beloved, I am here with you. I will never forsake you. I am with you always, Come, follow me, and I will give you rest?"

I pause again. Now my thoughts and words are forming and flowing freely.

I pray again. *Yes, I know dear Jesus, you are with me. I am not alone. I feel your comfort. Thank you, dear Lord, for the many years we shared together. Help me to move through this sea of grief.*

Sometimes, waves of pain just sweep over me, and I feel like I am drowning. *Please, lift me up and help me remember all those wonderful times and even the difficult times with gratitude. Help me smile through my tears. Help me feel joy in the morning.*

I pause again with my eyes closed, yet it seems as if I am seeing with eyes in a new awareness, a new reality. My Beloved is there, in front of me but away in the distance. She is walking through a beautiful meadow, and as she walks, the wild green grass and vibrant flowers appear to be growing and blooming moment by moment. The leaves on the trees are dancing though there is no wind. Everything seems to be vibrating and changing colors. The sky is a canvass of never-before-seen hues of color splashing across the sky, and harmonious musical sounds are emanating from the heavens with tones my soul can barely receive. I can hardly continue to gaze upon this glory, yet I cannot look away.

A lovely essence of an indescribable figure, emerges and stands with arms outstretched. My Beloved glides into this Loving Presence, and I feel her joy. I feel joy for her, and I feel within me my grief dissolving. In my heart spirit, I feel joy.

I pause again. I continue to sit in silence as the heavenly sounds fade away. I am not aware of how long I have been sitting here in my comfortable chair in my Prayer Corner. As I open my eyes, I become aware of a new feeling in my spirit.

I feel joy in my mourning.

I feel joy in this morning.

I feel joy.

And I begin a new day.

I know that I am blessed to mourn deeply

For I am blessed to have loved deeply.

*Thank you, Lord Jesus
Thank you for your comfort
Thank you for your love.
Thank you.*



Click on the link to listen to a lovely, comforting song, [Be Not Afraid](#) sung by John Michael Talbot.