

*Dear Grieving One,*



*Normally Christmas is a happy time for you, but it's different this year. Your heart is torn because someone dear has gone home already. You haven't felt the energy to send out Christmas cards or decorate. Even shopping for gifts has been a chore for you this year. I understand. What matters most in life is not cards or trees or gifts, but people. And when you are separated from someone that has been such a large part of your life, you feel emotionally crippled. It's difficult to move forward. But it will get better. I promise.*

*No, I'm not saying you will ever get over the loss. Sometimes you will find tears flowing at strange times. I think that's beautiful, because it tells me you still have a heart that feels. People are too important to get over. But I will give you strength enough for each new day. And if you keep your eyes open, you will find that there are still many good things about your life. I am not finished with you yet.*

**Read:** Psalm 126; Matthew 5:4; 2 Corinthians 1:3-4; Philippians 1:3-6