

Grief

Written by admin

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"Grief"

by Shandra Woodard



"Grief drives men into habits of serious reflection, sharpens the understanding and softens the heart"-John Adams

Grief is a mental and emotional anguish that none of us can avoid no matter how hard we try to. Grief is just as certain as death is! It will most definitely come and none will be exempt because it doesn't discriminate.

"Weeping may endure for a night but joy comes in the morning" (Psalms 30:5 NIV). I'd heard this several times throughout my life and had even recited it to many who were in mourning. Although I had an understanding of this verse it didn't really sink in for me until I endured the loss of my daughter in 2009.

In Proverbs 14:10 (C.E.V) the Bible tells us that no one else can really know how sad or happy we are. How true this is! No matter what my family and friends did or said to comfort me they would never be able to understand what my heart was feeling. In 2 Samuel 12:14-23 David expresses this very verse perfectly.

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Even though no other human being will be able to completely understand what you're going through; we can all take comfort in knowing that there is one who does understand. He not only understands but takes great pride in comforting us too. So pile all of your troubles on His shoulders and let He'll carry them (Psalms 55:22 TM).

Overcome grief don't let grief overcome you!

My name is Shandha Woodard. I'm a 30 year old mother of 4 and a former Insurance Follow-up Specialist. I've been writing for as long as I can remember but didn't discover my calling as a devotional writer to about 3 years ago. Since then life experiences have become my muse for Christ.

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