


# A WEARY WORLD: Week Two

## PRACTICING HONESTY

### Tuesday: Grief

This passage can be summarized best by the saying at the bottom of page 38, "there's a lot of heartbreak in this world, and grief has no rules." Grief is broken down into 5 these five stages: denial, anger, bargaining, depression and acceptance. Understanding what emotions you may go through can help the process, but no one walks a direct line through them and simply moves on in life. Grief leads us in a crazy path of twists and turns, coming and going, and refusing to take our feelings into account. Another thing to remember is everyone experiences grief even though it may be for completely different circumstances. Today's passage reminds you that Jesus was no stranger to grief himself. He knows and understands the feelings we are going through. When the grief starts to feel overwhelming, know that you are not alone. Don't set yourself up for disappointment by thinking you will be able to control how grief impacts you. Grief will come and go as it pleases, because at the end it has no rules.

Soul  Provider

GIYC



### Today's Reflection

#### Question:

*What's causing you pain right now, no matter how big or small?*