

Coping With Loss - conclusion

by
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Turn To The Living:

In a time of loss, we usually go to a deep place in our mind. There are many thoughts that flood over us. An overwhelming desire to remember our every interaction with the one who has passed away. A level of self-pity; and wondering why this has happened to us. There is also a dark-loneliness and even though we don't want to be in it, we tend to try to preserve it, by pushing people away. In a time of crisis, it would be a normal expectation to find comfort among our immediate family. With our families we can commiserate in our mutual distress. But one weakness in this part of the plan is that the ones we are seeking comfort from also need comfort—our family is dealing with the same loss, and they may not be ready to help us. There is an example of this in the life of Job. Job and his wife faced almost incomparable-loss—in one day they lost all of their children and all of their wealth; and then also Job his health (Job 1:13-19; 2:7-8). Job's wife was struggling to come to terms to with her loss (Job 2:9). She was not in a place that could provide what Job needed. Another option is friends. Considering Job again, in his time of calamity, his three friends gathered around him to mourn with him, and for seven days they remained near him in silence (Job 2:11-13). Even if no words are said the presence of others around us will begin to comfort our hearts. After the seven days of mourning and silence, Job was able to begin to speak (Job 3:1). We should seek the comfort of our family in Christ. Sometimes, at a time of loss, our assembling is retreated from, and excuses are made to avoid our gatherings. To do that is a mistake. Especially at a time when we need consolation and coping. It is our spiritual family that purposes to consider our needs and to stir up love and good works in our life (Hebrews 10:24-25). It is our spiritual family that is by God's design a source of love, affection, hope, and patience in tribulations (Romans 12:9-15). It is this spiritual family that when necessary will "weep with those who weep". It is our spiritual family who can pay-forward the "comfort of God" (1 Corinthians 1:3-4). Turning to the living brings comfort through the

knowledge of their care, an understanding that life does go on—and hope, beyond this moment in our life, still remains.

Turn Back to Life:

When someone close to us passes from this life, it feels like a part of us has also died. We will have some deep introspection, and that is important, as Solomon in Ecclesiastes 7:2-4 says that death is something that "the living will take it to heart". We can seek the help of God; and of our family, friends, and certainly our family in Christ. But then we must work our way back being fully-alive. There is no time limit for mourning but we must take steps to begin healing. We must take on what we have discovered through this difficult situation and use it to take our "next step" in our "new normal". The care of God was with you at your lowest point and He will be with you moving forward (Matthew 6:25-33). Family will also be healing and their mutual strengthening is important (Job 42:11). Our friends will return to their reliable normal place (Proverbs 18:24 NKJV). Our spiritual family in Christ, who wept with us will also rejoice with us (Romans 12:15). All that you have gained will enable you to help others who are facing the same (2 Corinthians 1:4). Turning back to life brings comfort through the knowledge of being cared for, an understanding that life does go on—and hope, beyond this moment in our life, still remains.

Conclusion:

Losing those whom we love is the reality of this world and our mortal nature. But, knowing that helps very little in the actual experience. We can cope, and heal, if we seek the help that God has designed for us. Comfort and consolation is gained from God, our family, our friends, and especially our spiritual family in Christ. Because of life's good days and bad days, there is much to be gained from our relationships along life's road. There is only one way that this could be better and that is to carry our relationships beyond this world. The way we do this is to travel together on the pathway of truth and faith, in Christ. The opportunity for you to take your place on that pathway of hope is yours, right now.