



GRIEVING LOSS

*Jesus then began to teach them that the Son of Man must suffer many things
and be rejected by the elders, chief priests and teachers of the law,
and that he must be killed and after three days rise again.*

He spoke plainly about this, and Peter took him aside and began to rebuke him.

But when Jesus turned and looked at his disciples, he rebuked Peter.

*“Get behind me, Satan! He said. “You do not have in mind the things of God, but the
things of men.” ~ Mark 8:31-33*

WHY SUFFERING?

No one is alone in experiencing pain. Jesus suffered rejection, difficult relationships and a horrible death. Everyone suffers and grieves. While fame or wealth can make it appear like some people have more advantages in life, human misery makes everyone equal. Sometimes the experience can be so awful that it completely changes a person's reality and world, but good can come out of bad from a spiritual perspective. However, this takes time and God's love to understand. Why do bad things happen? Wicked systems of control run this beautiful, dangerous world like a difficult school. While suffering is not a requirement, it seems to be a consequence of the evil here and Father God's gift of free will used wrong.

LIFE'S PURPOSE

All humans in this intelligently designed world have a divine plan and Loving Creator. In this brief time here, people need to know their particular spiritual purpose. The Holy Dad's loving gift of a physical and spiritual existence with a free will is for His eternal plan of love. Knowing the mind of God kept Jesus focused on His mission of loving salvation in this difficult world. To put this physical and emotional suffering in perspective, people need to strive for the big picture view of eternity. Eternal life is like the ocean and this physical life is like a brief and fleeting drop in that ocean, so invest time and energy for what can be taken into the next life.

CHOOSE WISELY

While humans are created with innate interests, skills and personalities to complete their spiritual missions, this must include close personal relationships with the Father, Son and the Holy Spirit. Desperation and sincere prayer can initiate miracles and build these holy relationships. Holy

love, peace and joy are always available with faith and prayer. Believers can learn from awful experiences with supernatural insight and support from God, but always test thoughts, signs, dreams, others, etc. to know they are from Him. Remember that God will open a door when another closes, so sincerely seek His direction and wisdom. As long as a person is still in this physical world, God is not done with him or her.

IN TIMES OF CHANGE

Expectations – Grieving is a process and the amount of time it takes depends on the person and what the loss meant. Some examples of grief feelings are denial, anger, depression and acceptance. Whatever you are feeling is in the normal range for humans. The only constant about emotions is they change, a lot, so if you are feeling really bad, just wait or better yet, pray for relief.

Stress Relief – One method to reduce stress is to leave your thoughts behind and focus on your breathing, in and out, in and out, in and out, etc. Another method is to start with the toes; tell the toe muscles to tighten up and then relax, then tell your feet to tighten up and relax, then your calves, thighs, etc. until you have hit every muscle group and finished with your scalp. Repeat the methods until you feel some relief and have stopped thinking about your stress or better yet, pray for peace.

Be Good to Yourself – While crying is part of letting go, you should take a break and do something special for yourself. Work through any guilt by realizing that things cannot be controlled and loss is part of everyone's life. If you feel alone and isolated, you can join a group, but make sure they are kind and loving or pray to feel the presence of the Lord.

Spiritual Growth – God created the physical body to teach the eternal soul about love. When pain stops humans in their tracks, it gives them the time to evaluate life and this can lead to spiritual growth. With grief, you get the opportunity to understand how others feel and then develop more patience, forgiveness, compassion, faith, acceptance and love with God's supernatural support. Pray for the insight to understand and accept difficult situations.

Connect with God – Suffering can be a humbling experience that checks the ego and enables humans to recognize their limitations. With this awareness, they can turn to their Creator for love and support. In a closer relationship with the Father, Son and Holy Spirit, you get the opportunity to build your faith by seeking and discovering God's plan for you. Pray for your propose.

Eternal Life – Even outside of the Bible, there are hundreds of documented spiritual evidence from near death and death experiences confirmed. The next life into the spiritual realm requires your preparation in this physical world, which is why you are here, so pray you do not miss this opportunity.

Pray – For spiritual development, pray continuously for strength, direction, guidance, love, joy, peace, insight, comfort, gratefulness and healing in your mind, body and spirit for doing God’s will with everything you do. For a general prayer, you can use Jesus Christ’s words from the Holy Bible.

*Our Father which art in heaven, Hallowed be thy name. Thy kingdom come.
Thy will be done in earth, as it is in heaven. Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from evil:
For thine is the kingdom, and the power, and the glory, forever.
Amen ~ Matthew 6:9-13*

OR

Humans are made to worship their Creator, so create your own specific prayer to Him, like the following.

*Thank you Loving Creator Father for this amazing, beautiful adventure.
Please give me what I need to strengthen my body, mind and spirit.
Send Your love and comfort to build my faith in this time of distress.
As a follower of Christ, I forgive and love all others as You have forgiven and loved me.
Protect me from evil and bless me for Your glory.
Help me to grow spiritually closer with direction from the Holy Spirit.
Let Your will and my will be the same for eternity.
In my Holy Savior’s Name, Christ Jesus. Amen*

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