

HEALING HEARTS UPDATE #2

As I start this letter I am wondering how each of you are doing? I must confess I have not actively made contact with many of you in some way to check your emotional thermostat. Some of you have said, "OK" and some the loss is still very fresh. It will take time for all of you, some sooner than others. Being honest with one's self may be a good start on assessing where to go from here.

In reading books, I find that they suggest you deal effectively and positively with grief. So how does one do that? Allowing weeping for a season may be needful for some, some can't cry at all. That time may come down the road. With some who have dealt with a long illness, a relief is certainly acceptable. If you know they are with the Lord; that is another comfort. Sudden death of a loved one can put you in shock. Seek help to deal with that as needed. However you grieve, Our Heavenly Father already knows and wants you to confide in Him. This is some suggestions for effectively and positively comforting you. My sister commented on the first time she walked into her home after the funeral, reality really hit her.

Other ways to deal positively is to assess ways to comfort one's self. Two ways were mentioned above is: that they are no longer in pain, and they are with the Lord. Accept comfort and help from family and friends. You may find comfort in cards sent to you with comforting messages.

I cannot emphasize to you enough that you pray and search the scriptures for words of comfort. That can be your strong hold. Isa. 54 & 55 is written to Israel but is for us this day and age as God's wife, the bride of Christ.

Ps. 119:7a "His unfailing love to you."

Ps. 107: 29 "He stills the storm with a Whisper." Let the Lord do that for you.

In my life, pictures have been a comfort to me such as, the picture of the Good Shepherd holding a lamb on His arm. I looked at that and said to myself, "I am that little lamb; He is holding me right by His heart." The Lord holds you by His heart also if you can let Him.

Deut. 33:27, says, "The Eternal God is my refuge, and I underneath is the everlasting arms." In other words, a shelter over you and a sure foundation under you, totally surrounded by our great God! Picture that if you can. Another example is of little as Samuel, the Lord stood by him at night to tell him to give a message to Eli. Paul also was on a ship to Rome and caught in a terrible storm in the Mediterranean Sea. They had been tossed and driven for 21-days. Paul announced to the whole ship that the Lord had stood by him at night and given him a message of hope. Look for the Lord to stand by you and give you a message of hope and comfort.

A thought occurred to me recently that made the Lord more real. After the resurrection, two men were walking on the road to Emmaus when Jesus joined them. That is the same Jesus who walked this earth and is now in heaven that we worship and pray to, our intercessor.

Hymns often can be a source of comfort. "*The Wonder of it all! Just to think that God loves me.*"

"Leaning on the everlasting arms"

"Blessed Assurance" V. 2 Perfect submission, perfect delight,

Visions of rapture now burst on my sight.

Angels descending, bring from above,

Echols of mercy, WHISPERS OF LOVE.

V.3 Perfect submission, all is at rest,

I and my Savior am happy and blest.

Watching and waiting, looking above,

Filled with His goodness, LOST IN HIS LOVE!

I had trouble starting this letter and what to write. Finally, I thought, "You need a topic" So in reading material on dealing with the loss of a loved one, the word "Grief" came to my mind. Well, I don't know if I really touched on that, but circled around it. I hope you have seen that I have written from my heart to you hoping that our precious Lord has been made more real to you.

Least this letter becomes boring to you; I will make some suggestions of ways to help you. Your Christian Book Stores carry a section of books on *Grief and Grieving*. Visit those stores for added help. I am reading a book called, "Grieving God's Way", by Margaret Brownley. I really like the book, but this is just a suggestion, and I encourage you to read others also. Another source is on the computer. Put in topics like "Loss of a Loved One", other similar wordings. Many helpful suggestions are there also.

When loneliness or circumstances overwhelm you; spend time with the Lord and pray until comfort comes through.

I trust your coming days will be guided by the Lord. Also, make time for friends and family. Prov. 3:5 &6 says, "Trust in the lord with all your heart; In all your ways acknowledge Him, and He will direct your paths.

It is an Awesome God we serve, and one that wants to comfort you always and continually.

Yours truly,

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