

Dealing with Grief

MercyMe is a Christian rock band founded in Greenville, Texas, consisting of lead singer Bart Millard, keyboardist James Bryson, percussionist Robby Shaffer, bassist Nathan Cochran and guitarists Michael Scheuchzer and Barry Gaul.

Millard was only 18 when he lost his father in 1991. It took a full 20 years and several versions, but the song *I Can Only Imagine* was the first single ever released by the band. It was a great choice. The song elevated the group's debut album, *Almost There*, to double platinum certification.



Here are some of the lyrics:

*I can only imagine
When that day comes
And I find myself
Standing in the Son!*

*I can only imagine
When all I will do
Is forever
Forever worship You!
I can only imagine.*

*(Chorus)
Surrounded by Your glory, what will my heart feel?
Will I dance for You, Jesus, or in awe of You be still?
Will I stand in Your presence or to my knees will I fall?
Will I sing hallelujah, will I be able to speak at all?
I can only imagine!*

Losing a close family member or good friend is difficult. We develop such closeness to residents we serve that when they are gone, it hurts.

It's hard to say goodbye to someone you love. It's hard to let go. The memories of time spent together can come rushing at you like a tidal wave.

You may recall your mom's warm hospitality and gentle care, her unconditional love for you when you were at your worst. You remember your dad's sacrificial love and faithfulness, and how he tried to make it to all your games. And the friend you could always count on for help, or for a laugh just when you needed it the most.

Now your loved one is gone and is going to be deeply missed.

(more)



Psalm 30:5 – *Weeping may spend the night, but there is joy in the morning* – can be applied to the grieving process. It's beautiful in its simplicity. Weeping is part of the grief process, but God comforts us in our pain. He knows and cares about our sadness. While we may not receive complete healing in this life, we can rest assured that God is with us as we go through the grieving process.

And even though it can take a while, joy eventually comes to us. It may not come right away, and we shouldn't try to rush it, but God will bring a measure of healing and joy to us over time.

– Beecher Hunter