

## Devotion 3: Go to Jesus When Feeling Grief

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**Audience:** For Patient and Caregiver

**Theme:** Go to Jesus and learn from him!

**Bible Passage:** *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light* (Matthew 11:28-30).

**Devotion:** Our lives can become battered by grief over things we must face here in this world. You and I, dear one, know this all too well, since your illness has brought such changes in our relationship. Both of us have felt moments of overwhelming sorrow, desperately hoping for some relief.

Where can we go for this relief? Once again Jesus is the answer to our problem. Let's look at what God tells us in His Word: *I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. You have not handed me over to the enemy but have set my feet in a spacious place. Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.*

*But I trust in you, O Lord; I say, "You are my God." My times are in your hands; deliver me from my enemies and from those who pursue me.* (These expressions refer to the cause of our grief whatever form it may take.)

*How great is your goodness, which you have stored up for those who fear (love and trust) you, which you bestow in the sight of men, on those who take refuge in you.*

*Love the Lord, all his saints! The Lord preserves the faithful, but the proud he pays back in full. Be strong and take heart, all you who hope in the Lord* (Psalm 31: 7-10, 14, 15, 19, 23, 24).

In Christ's Sermon on the Mount we are told: *Blessed are they who mourn, for they will be comforted* (Matthew 5:4). Jesus reassures us that there is an end to our mourning if we trust him.

Yes, dear friend, let's go to Jesus and let Him share in bearing our grief. Remember His invitation: *Come to me, all you who are weary and burdened, and I will give you rest . . . rest for your souls.*

Lord, we cast our cares on you for you will sustain us! Amen.

**Bible Readings for Added Comfort:** Psalm 119:28; John 16:20-22.