

FAITH

Give Yourself the Gift of Feeling Grief to Heal

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Contributor



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If you are living and breathing and reading this today, you most likely have experienced one or more changes and/or losses in your life. I wonder, how do you use your faith to deal with your feelings after a change or loss?

The feelings may range from sadness to disbelief and bewilderment, exhaustion and dismay. Do you realize these feelings are feelings of grief? They are. Each and every one of them. Breathe with me. Now, exhale. This is where I call forth my faith to help me to deal with the memories and feelings about the people in my life who have physical-

ly died or who are no longer present in my life by my choice or their own. You may ask, "Does the loss create the change or does the change create the feelings of loss?" It does not matter, ever.

What I have come to learn and understand is that grief is the normal and natural response to change or loss of any kind. As loss and change happen, as we are honest with ourselves and we feel our feelings as they arise, we are acknowledging our grief. Our feelings and fears are not illogical or irrational. They represent a normal and healthy range of emotions about the painful loss or change and our limited ability to talk openly and honestly about grief that gets imposed upon us, up until now.

Faith allows us to get real with what our heart is summoning from within us, to move from our heads to our hearts, feel the feelings and give them a voice. It is important to know that God is present



in the tears and through the many emotions. We don't have to understand the why of it – be it divorce, estrangement, job loss, moving, doctor diagnosis, or death. Faith allows us to ask ourselves,

"What now is mine to do?" Faith for me means spiritual assurance, a deeper knowing within that I am not alone -- that because God is, all is well, regardless and always. You are invited to get still, to listen, and be willing.

We get to go within and receive God's guidance on how to accept, acknowledge and allow. We accept life will be different now. We acknowledge we may be uncomfortable. We allow the feelings and emotions to come as they may. I invite you to give yourself the gift of listening to your heart and staying true to you. To the best of your ability, seek out places and people that allow your true emotions, and avoid those people and places that ask you to pretend otherwise. Be gentle with yourself. Spend time with God. Listen to your heart. Many Blessings.

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