

## ***Meditation – Grief***

*Grief cannot be shared, for it is mine alone  
Grief is a dying within me,  
a great emptiness, a frightening void.*

*It is loneliness, a sickening sorrow at night,  
an awakening with a terrible dread.*

*Another's words do not help.*

*A reasoned argument explains little  
for having tried too much.*

*Silence is the best response to another's grief.*

*Not the silence that is a pause in speech,  
awkward and unwanted,  
but one that unites heart to heart.*

*Love speaking in silence, is the way into  
the void of another's grief.*

*The best of all loves comes silently,  
and slowly too, to soften the pain of grief,  
and being to dispel the sadness.*

*It is the love of God, warm and true,  
which will touch the grieving heart and heal it.*

*God looks at the grieving person and has pity,  
for grief is a great pain.*

*Jesus came among us to learn about grief,  
and much else too, this Man of Sorrows.*

*He knows. He understands.*

*Grief will yield to peace – in time. Amen.*