

DAILY COMFORT WHILE GRIEVING

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING AN INSPIRATIONAL READING
OR SCRIPTURE
A REFLECTION, AND A PRAYER

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YOU will not “get over” the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered.

JAN.
21

—Elizabeth Kubler-Ross

How will you live?

REFLECTION. Elizabeth Kubler-Ross is the expert in helping people understand grief. Her insights are valued worldwide. She is emphatic that people will heal and manage how they live a “new reality” after the loss of a loved one.

Your reality will look different, and with Christ as our Lord all things can begin anew.

PRAYER. *Lord, help me rise and recreate my life with You at the center.*



GRIEF, I now understand, is a sort of madness, in the same way that falling in love is madness.

—Clover Stroud

JAN.
22

Enter the mystery of suffering

REFLECTION. Our minds often want finite answers to questions that are more philosophical and theological, and we end up frustrated. Don't be afraid to offer your grief to Jesus for He knows suffering.

He entered into the human experience when “the word became flesh.” Jesus was hungry; He wept; and He suffered. Offer it all to Him.

PRAYER. *Jesus, turn my sorrow into joy, and let me experience Your presence.*



SHOULD you shield the canyons from the windstorms you would never see the true beauty of their carvings.

FEB.
14

—Elizabeth Kubler-Ross

How do you respond to the storms of life?

REFLECTION. Let's be honest, no one likes it when difficulties, troubles, and complications enter our lives. Yet we all experience them: the rich and poor as well as those who have faith and those who don't.

Elizabeth Kubler-Ross spent much of her life journeying with people who were in the midst of trials and sharing her wisdom so that these storms draw out our beauty within.

PRAYER. *Jesus, be with me during difficult times and keep me from despairing.*



WALKING through the "valley of death" is difficult but remember to continue walking.

FEB.
15

—Charles White

Move forward, step by step

REFLECTION. The psalmist records these words "valley of death," in the twenty-third Psalm. What allows him to keep walking and "fear no evil" is the fact that God is with him. He may not feel God's presence, but he knows it.

Without knowing God is with us there is a temptation to stay where we are and waste away in the valley. God indeed is with us.

PRAYER. *Loving Lord, may the knowledge that You are with me be enough to sustain me.*



AFTER the death of Moses, the servant of the Lord, the Lord spoke to Joshua.

—Jos 1:1

**JULY
25**

Moses' work was finished

REFLECTION. One of, if not the greatest of biblical heroes was Moses, yet his death seems almost matter of fact as the book of Joshua opens. Certainly there was grieving and sorrow when the people learned of his death but their lives continued.

Moses had completed the work God had appointed to him. Have you discerned a purpose for your life which is still left incomplete?

PRAYER. *Lord, may I reflect on the purpose of my life even while I grieve the loss of another.*



ONLY be strong and take courage.

—Jos 1:7

**JULY
26**

Good advice for today

REFLECTION. The Israelites are entering a new and strange land. It was a land that God had prepared for them, but with any new venture came fear of the unknown.

The advice God gives is simple, and because it's from God the advice is still applicable today. Be strong and take courage because God is in control, and whatever He has in store for us is for our good.

PRAYER. *Lord God, ease my fears as I embark into uncharted territory with You beside me.*



HAD been like a trusting lamb that was being led to the slaughter.

—Jer 11:19

AUG.
12

When friends betray us

REFLECTION. We may expect strangers to treat us poorly, but we trust that loved ones will stand by us through thick and thin. Experience teaches us that it's not always the case. Our deepest grief is often caused by those who are closest to us.

Jesus Himself was betrayed, denied, and doubted by His apostles. Offer your heartache to Jesus for He alone can make all things new.

PRAYER. *Lord, I don't understand why? I offer to You my grief and sorrow.*



HE weeps bitterly throughout the night, with tears running down her cheeks.

—Lam 1:2

AUG.
13

Deserted and abandoned

REFLECTION. The book of Lamentations was written during a period when Israel was humiliated and disgraced. Our journey will have the same ups and downs as Israel. We know that the story of Israel doesn't end in defeat but in victory.

Take time to grieve the losses you face and the tragedies along the way, but always remember that God has the last word and that word is victory.

PRAYER. *Come Holy Spirit, draw me ever closer to You through my grief and sorrow.*