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September is a month of many changes! School starts, the weather grows cooler, some sports are winding down as others are taking off, it's starting to get dark too soon, and the list can go on.

Alpha sees change to! I have been very busy this month with plenty of new people seeking help. Recently someone asked me why people go to counseling and I replied that only smart people seek counsel. They looked shocked, so I explained that smart people recognize when they have problems they can't solve and will ask for help.

This month I have talked with lots of smart people with grief in their lives. The typical view of grieving is how you feel when someone you care for dies but grief can come in many different versions. You can grieve the loss of a relationship that was important as in a divorce or lose of a friend. Health problems can cause grief as we lose our ability to work or do sports or even take care of ourselves. Recently a neighbor lost his driver's license and the loss has caused strong grieving.

Paul writes in I Timothy 6:6 that even while dealing with false teachers ...*godliness with contentment is great gain*, ...but how do we find contentment when pain and loss seem to be the normal course of the day?

Some years ago, while helping a young man deal with sever grief, he and I wrote a simple paper to help find the path to godliness and eventually to peace and contentment. This month I have given this paper to so many people struggling with unresolved grief that I thought would share it with you. If you know someone who is struggling in their grief please copy this and pass it on. God Bless! *Richard*

Our Grief

The weight of grief and the depth of mourning are in direct proportion to the importance and value of what we have lost. We have two options in how we deal with grief and mourning.

We can bear the weight on our shoulders alone. If we choose this path, we again have two choices; we can let the weight of grief and loss crushes us and become bitter and angry or, we can shed the weight. If we choose to shed the weight, we have to shed the importance and value of what is lost. We can't have it both ways. As the importance of what is lost is made less important, our memory of what is lost will diminish, until the weight is bearable.

The second choice is to call on our Lord to bear the weight with us, to share our grief, to mourn with us. When we do, a peculiar thing happens. The weight of grief does not lessen but becomes bearable. If we continue to call on Him, to ask Him to mourn with us, we find that instead of our loss becoming less important, He makes us stronger. What we have lost is not less important and our grief is no longer overwhelming.

This is when mourning becomes worship!

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