

Phoenix Rising

This grief newsletter is sent to members and friends of Paradise Valley United Methodist Church following the loss of a loved one. PVUMC pastors are available to you if you need one-on-one support. Contact the church office for more information at 602-840-8360. If you wish to be removed from the mailing list, contact the church office or e-mail ddoran@pvumc.org.

Debbie Doran, Editor

Grief Hurts

Grief hurts. It hurts in your heart, your mind, and your bones. Grief can encompass your whole being, putting you in a state of being aware of nothing but this HURT and your inability to function.

I became aware of such profound hurting yesterday. I could not focus on anything but my numbness, my ache for what was not to be. I paced the yard; I could not eat; I cried. Eventually, I picked up my journal and pen. "Dear God..." I began to write, pouring out my thoughts, fears, and frustrations...asking why? How? When?

No answers or resolutions have arrived in my thinking. But I know God listened. I know he sat with me in my grieving. I know He cares and is walking through my valley with me. It's like I am in a deep canyon, climbing up the rocky side. God is helping me in this climb, showing which rock to reach for, where to stand to rest. I have peace in my heart this morning, and I am grateful.¹

Joy and sorrow,
grief and gratitude
GO TOGETHER²

Today We Invite You to Trust God with the Unknown

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6 (NIV)

Time to Think

"You may not know what the future holds, but you know who holds the future." (Anonymous)

Time to Act

When uncertainty rises today, add the word "yet" to your thoughts or prayers. Offer God what you don't know and choose to trust that He will guide you one step at a time.

Time to Pray

Heavenly Father, when the path ahead feels unclear, help me trust You more than my need for answers. Teach me to wait with hope, listen for Your voice, and walk forward in faith.

After losing our house to the Marshall Fire in Boulder, Colorado, we faced uncertainty. We'd not only lost all our possessions—we also had no home. We did have insurance, but like most everyone else, we were underinsured. We didn't know if we could rebuild or if we should sell our lot and find a new place. Should we stay in Boulder or move somewhere else? We had so many questions. I prayed constantly for God to give us direction.

Our friends and family also asked us loads of questions about our future. Every time I said, "I don't know," I felt more anxious.

To have peace, I had to figure out how to trust Jesus and believe He would show us the way to go. The Bible states He will guide us on right paths (Psalm 23:3), direct our steps (Proverbs 16:9), and assure us of His leading (Psalm 32:8).

I started answering the questions from others with “I don’t know, yet.” Yet is a powerful little word that quelled my anxiety and infused hope into my answer. I may not have known His plan at that moment, but I believed He would reveal it to me eventually. It kept me hopeful in awaiting the unfolding of His plan.

I believe if I keep seeking Jesus rather than answers to my questions, He will say, “This is the way, walk in it.” (Jeannie Blackmer)

Faith Step: For what current circumstances in your life are you seeking direction from Jesus? Do a Google search on “Bible verses promising God will direct you.” Write your favorites on note cards and keep them handy for reference when uncertainty sneaks up on you.³

Just a Closer Walk with Thee

I am weak, but thou art strong; Jesus, keep me
from all wrong;

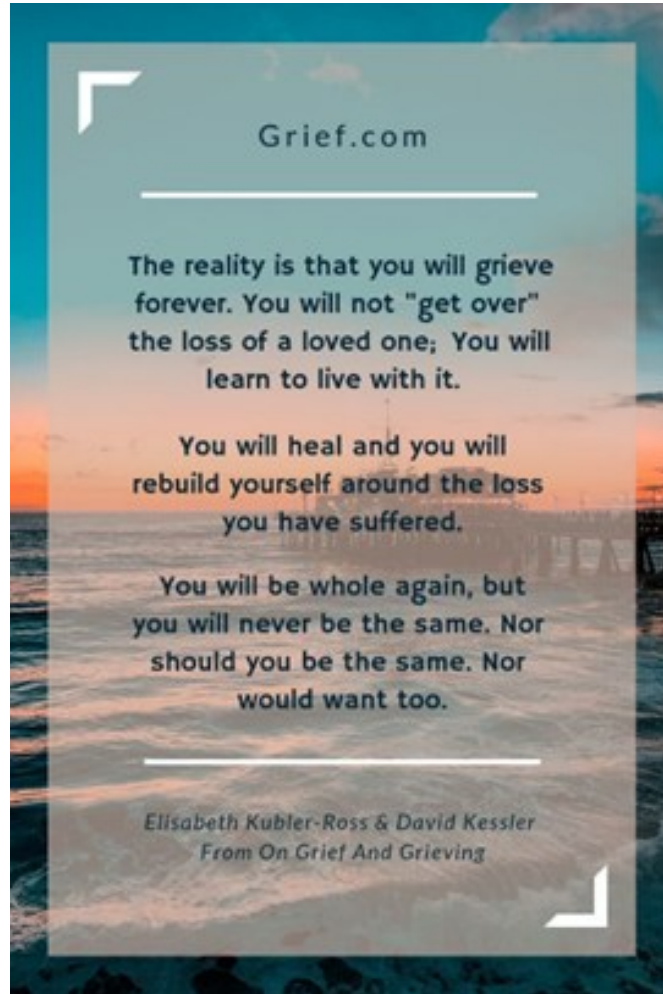
I’ll be satisfied as long as I walk, let me walk close
to thee.

Refrain: Just a closer walk with thee, grant it Jesus, is my plea, daily walking
close to thee: Let it be, dear Lord, let it be.⁴



God is in Charge

God is not in control of all that happens, but I believe He is in Charge of the ultimate results of all things. My focus is to TRUST His way.⁵



Footnote:

1. Paula Rugen
2. Anonymous
3. Guidepost Daily Scripture & Reflection
4. Hymnal—"The Faith We Sing" - #2158
5. Paula Rugen