



No one ever
told me that
grief felt so
much like
fear.

C. S. Lewis
(1898 - 1963)
Author

Scary things seem to be around almost every corner. There is concern about our health and the health of others. There is anxiety about our finances and our economy. At times, frightened or not, we are just too tired to feel much at all.

It might be that next to our fear, is also our grief.

It might be grief if our feelings are all over the map. When loss upends our life, our feelings don't always make sense. They surprise us – both in their variety and in their intensity. They cleanse us – as they release the energy of resistance and create space for the renewal of healing.

It might be grief if we struggle to settle on a plan. When we lose clarity of what the future looks like, we also lose the security woven into that vision. We can sense the unsettledness of unknowingness. We may find it difficult to rebuild our dream of tomorrow. We may wrestle with what we can trust and find more questions than certainty. We may be at the edge of a new call.

It might be grief if we can't quite put our finger on it. Crisis and change uproot hidden comforts. We may discover things that we assumed would always be one way, turn out to go another way. Often not dramatic enough to catch our attention, these mini-deaths register deep within us and we find ourselves ill at ease, antsy, confused, or annoyed. Without something to point to, we can feel simply defeated. Our spirit may be in the process of letting go of things that are no longer useful for our flourishing.

Fortunately, we do know from our experience, that while grief does change us, it also can lead to a new relationship with our life.

What are some subtle losses I notice in my life? How can I create space for grief?