

DAY 10: BROKEN HEART

READ:

PSALM 34:18 (ESV)

THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES THE CRUSHED IN SPIRIT.

REFLECT:

LIKE YOU, I'VE EXPERIENCED LOSS THAT LEFT ME SPEECHLESS AND OFTEN NUMB. WHETHER IT IS EXPECTED, UNEXPECTED, FRIEND OR FAMILY MEMBER; DEATH IS NEVER EASY. WE OFTEN STRUGGLE WITH THE WORDS TO SAY TO OTHERS OR TO EXPLAIN WHAT IS FELT.

WHEN MYLES WAS A LITTLE BOY, HE'D OFTEN FALL OR GET HURT. HE'D CRY AND I'D SAY, "SHOW ME WHERE IT HURTS." IT WAS OFTEN A HURT INVISIBLE ON THE OUTSIDE, BUT FELT ON THE INSIDE. WHAT WAS IMPORTANT TO HIM WAS THAT I WAS THERE WHEN IT HURT. SOMETIMES PRESENCE IS THE GREATEST GIFT.

PRAY:

DEAR LORD, I CAN'T FIND THE WORDS TO EXPLAIN THE HURT THAT I'VE EXPERIENCED. THANK YOU FOR HEALING WHAT'S INVISIBLE TO OTHERS AND BEING NEAR WHEN IT'S NEEDED MOST. IN JESUS NAME, AMEN.