UNIMAGINABLE GRIEF

*The righteous cry out, and the Lord hears them;  
    he delivers them from all their troubles.  
The Lord is close to the broken-hearted  
    and saves those who are crushed in spirit.* (Psalm 34:17-18)

All Rohingya have felt the unimaginable grief when they had to flee to the safety of Bangladesh. And the grief never goes completely away. Remembering their great losses and knowing that nothing will ever be the same again, keeps returning—relentless pain coming in waves.

What can we do with that pain? How can we withstand the suffering it brings upon us?

I haven’t suffered losses nearly as great as the Rohingya have. But I have nevertheless suffered my own life-changing losses that affected me deeply. I’ve learned from experience that losses and the grief they bring need to be worked through and not avoided. Processing grief will help us cope with the pain. Don’t avoid crying if tears rise to the surface. Express your pain. Doing so by writing about them or by talking with a good friend is helpful.

If you have formed a [Living Room group](https://marjabergen.com/support-groups%20), it will be one of the best places to talk with others who are dealing with such pain. You will find the kind of compassion that can only come from those who fully understand.

Tell members of your group about what the loss meant to you. What were the good memories about what you lost? What importance did it hold for you? What will the future hold? Although the pain will never disappear completely, going through the grieving process will help lessen it.

Pray. Pour your heart out to God. Be honest about how you feel. Be comforted, knowing that He is listening and sympathizes.

King David knew the importance of grieving. We can see it in his many Psalms of lament—excellent to help you through your own grieving process. David knew how important it was to take time to mourn losses before moving on.

But, as our faith teaches, in the midst of our suffering there is hope. We can look forward to a day when God will fix everything that was broken and restore what was lost. What a wonderful promise that is! *“He will wipe every tear from their eyes. There will be no more death’or mourning or crying or pain, for the old order of things has passed away.”* (Revelations 21:4)

Islam teaches about Jannah (Paradise), a perfect place prepared for the righteous after Judgment Day, where there will be eternal joy and contentment.

The concept of God's perfect justice and compassion is present in both the Christian and Muslim faiths.

God’s promise to us is something to look forward to.

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