

## All Saints'

### Introduction

Grief is a heavy load to carry. I've experienced that terrible truth when I lost my grandfather, and later my grandmother. I felt it most horridly when my wife and I buried our daughter. Grief is a heavy load to carry. All Saints' is a time for the grieving to be comforted by the promise of God. It is to have our burden lessened by the message of Jesus and the gathering of faithful. We exist in part to uplift one another.

Psalm 34 gives voice to how we can have hope even when we grieve. We can still praise, because death is not the end. We can give God glory, because Jesus is raised from the dead. We can invite others into this hope because Jesus promises everlasting life to all who believe. We can testify before others because we have experienced his care for us through the very worst of what the world has brought.

Some would say that Jesus' words on the mountain turn the world upside down. However, when we look through Jesus' eyes it's perhaps better to say, "he's turning the world right side up." The beatitudes show us God is with the lowly, meek, poor in spirit, and yes, those who mourn. When you shed tears remember God will give you comfort. Remember that God is with you. Know that God remembers you.

### Read Your Bible

- Psalm 34:1-10
- Matthew 5:1-12

### Apply God's Word to Your Life:

1. Do you cry easily or does it take a lot for you to weep?
2. Recall a time in your life you experienced the death of a loved one.
3. Did you experience the comfort of Jesus' promise in that time?
4. How does the promise of Jesus give you comfort in the midst of grief?
5. What do you wish you did different in that time of grief?
6. Tell if the company of other people was helpful.
7. How do these texts help you grieve faithfully?

### Reflecting on the text:

1. What have you learned about God?
2. What have you learned about the world?
3. What have you learned about yourself?

### Pray

Almighty God, whose people are knit together in the one holy Church; Grant us grace to follow your blessed saints in lives of faith and commitment, and know the inexpressible joys you have prepared for those who love you; through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen