

Grief Thoughts
By Dave Swift, Aftercare Coordinator

Words of Comfort

Almost every funeral I have officiated at or had part in contained the Shepherd's Psalm or Psalm 23. This Psalm was written by David perhaps as a young shepherd. I believe this Psalm is chosen mostly because of how familiar it is and that it gives us comfort. There is a gentle and simple message in this Psalm, however, there truly are deep meaningful thoughts contained in this Psalm also.

I know you can recite this without it even looking at the text so take a moment to do that. This time slowly say each phrase. The Psalmist obviously was crying out as he wrote this as he felt that God had carried him through just one more stressful day or circumstance.

We all need comfort in grief. Someone to hang on to. The shepherd knows the comfort he gives to the sheep and translates it to how his shepherd cares for him. If we lean on the words of this Psalm we find that our Shepherd provides for us in our needs, gives us rest in the journey, leads us on the paths which take us into peace. He also provides us with strength each day ahead. Along the way he also takes us on the right path. The Shepherd guides down that dark and lonely path of death safely through. So when we feel the most alone we can lean on Him.

I would like to suggest an excellent program available to you at a minimal cost known as GriefShare. In the Myerstown area, there are two programs available. Locally, sessions are being held at New Beginnings Grace Brethren Church. You can contact them by phone at 717-866-5704. You can view GriefShare's website at <http://www.griefshare.org/> for programs in other locations. Other helpful resources can be found on this page (<http://www.grosefh.com/grief-support/overview>). Should you need to talk to me, you are always welcome to contact me at Grose, A Huie Family Funeral Home, (717) 866-4233. They will notify me and I will call you back.