

What Grief Feels Like

An open letter to griever, from one who's walked this road before.



If you ask me what grief feels like, I struggle to find the right words. Grief is far more than sadness. It is a deep ache in my soul, a wound that cannot be seen, and a pain that follows me wherever I go.

Some days grief feels like *heartbreak*. Other days it feels like *exhaustion*. It leaves me feeling *empty*, *numb*, *angry*, *confused*, *frustrated*, *lonely*, and *afraid*.

Sometimes I experience several of those emotions within moments of each other. One moment I am smiling at a treasured memory, and the next I am overwhelmed by tears that seem to come from nowhere.

Grief is the pain of loving someone who is no longer here.



I miss the sound of their voice, their laughter, their presence, their wisdom, and even *the ordinary moments I once took for granted*. I find myself longing for one more conversation, one more hug, one more opportunity to say the things left unsaid.

Instead, I am left learning how to live with an absence that never seems to leave. I am learning how to navigate life alone.

Grief brings continuing exhaustion. The weight of loss presses upon me day after day. I find myself carrying two realities at the same time.

The first is the weight of daily responsibilities—the endless tasks, decisions, obligations, and urgent matters that demand my attention.



The second is the constant awareness that my loved one is gone and I am now living without them. Yes, I have family and friends who care deeply for me. Their love and support are precious gifts. But they are not my loved one. They can comfort me, but they cannot replace the intimacy, companionship, and shared life that I once knew.

Grief often comes in waves. At times my emotions seem calm, and I begin to think I am doing better. Then, without warning, a memory, a photograph, a familiar place, an anniversary, or a song washes over me, and I find myself once again swallowed by sorrow.

Some days are manageable. Other days the pain rushes back with surprising intensity. Grief is living with both deep sorrow for what has been lost and deep gratitude for what was shared.



My emotions often feel like a roller coaster. Riding alongside my grief are fear about tomorrow, anger at circumstances, frustration with others, disappointment in myself, and sometimes guilt—the lingering thought that perhaps I could have done something differently or prevented the death.

Grief feels like love with nowhere to go.

My loved one has died, but my love for them remains just as real as it was before their death. The relationship continues to live within my heart even though they are no longer physically present. Love does not die when a person dies.

have learned that grief is not simply the pain of losing someone. It is the ongoing adjustment to living in a world that has been permanently changed by their absence.



Grief also feels like **loneliness**.

Others may care deeply, yet no one fully understands my unique loss. No one shared the same relationship, the same memories, the same experiences, or the same bond that I shared with my loved one.

Grief has also filled my mind with **questions**.

Why did this happen? Why now? Why them? Why not me?

Will this pain ever end?

Why does it seem as though everyone else's life has moved forward while mine feels frozen in place?



As a believer, grief has affected my relationship with God in ways I never expected. There are moments when my faith feels strong and steady. There are other moments when I struggle with disappointment, confusion, and doubt.

I have found myself asking questions I never imagined I would ask.

Where are You, God? Why didn't You intervene? Do You understand how much my heart hurts? Are You listening to my prayers?

I have learned that asking these questions does not mean I lack faith. It means I am hurting.



As I read Scripture, I discover that God's people asked many of the same questions. They cried out in pain. They lamented. They poured out their hearts before Him. God did not reject them for their honesty.

He does not reject mine either.

One of the hardest lessons of grief has been realizing that God does not always remove my pain. More often, **He walks with me through it.**

He meets me in silence. He listens to my cries. He receives my tears. He gently reminds me that I am not abandoned.



Grief has changed me. It has challenged my understanding of life, love, loss, and even God Himself. Yet somewhere along this difficult journey, I have discovered something unexpected.

While the pain remains real, God's presence remains real too.

I still have unanswered questions. I still have difficult days. I still miss the person I love.

But I am learning that grief is not about getting over the loss. It is about learning to carry the loss while trusting that God will carry me.



The road is not easy. There are days when I stumble. There are days when I wonder how I will keep moving forward.

Yet even on those days, I find hope in knowing that *God is near to the brokenhearted.*

He understands sorrow. He understands loss. He understands grief.

And He has promised never to leave me alone.

That does not remove the pain, but it reminds me that even in my deepest sorrow, I am not walking this journey by myself.

God walks beside me, one step at a time.



Reflection

Grief is one of life's most difficult journeys. It challenges our emotions, our relationships, our understanding of the future, and often our faith. If you see yourself in these words, know that what you are experiencing is not unusual. Grief is not a sign of weakness; it is evidence of love.

The emotions, questions, tears, and struggles that accompany loss are all part of the grieving process. There is no timetable, no perfect path, and no right way to grieve. Each journey is as unique as the relationship that has been lost.



While grief may change the course of your life, it does not mean you must walk the road alone. God welcomes your tears, listens to your questions, and remains present even when His presence is difficult to feel. As you continue forward, may you find comfort in knowing that the same God who sees your pain also holds your future.

Today, take one step. Tomorrow, take another. Trust that God's grace will meet you where you are and provide the strength you need for the journey ahead.

