Gone From My Sight

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come to mingle with each other. Then someone at my side says: "There, she is gone!"
"Gone where?"
Gone from my sight. That is all. She is just as large in mast and hull and spar as she was when she left my side, and she is just as able to bear her load of living freight to her destined port. Her diminished size is in me, not in her. And just at the moment when someone at my side says: "There, she is gone!" there are other eyes watching her coming, and other voices ready to take up the glad shout: "Here she comes!"
And that is dying.
—Anonymous
Reflection #1

"Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words"

Romans 8:26

Late at night when the world is fast asleep, I'm awake thinking about . . .

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Prayer:

Dear God,

I am hurting so much. Please help me and my family survive the death of my loved one. Amen.

Additional thoughts:

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Reflection #2

I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.

Psalm 6:6-7

What I wish I hadn't said was . . .

What I wish I would have said was . . .

Prayer:

Dear God,

I miss my loved one so much. I wish I could have had more time with her or him. Please take care of my loved one and let her or him know how much I love and miss her or him. Amen.

Additional thoughts:
Reflection #3

I have told you these things, so that in me you may have peace.
In this world you will have trouble.
But take heart! I have overcome the world.
John 16:33
What I wish I would have done was . . .

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What I wish I would not have done was . . .

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Prayer:
Dear God,
I do not know exactly how to act or feel. I am angry, guilty, sad, confused, and hurt inside. Please help me to sort out some of my feelings. Amen.

Additional Thoughts:
Reflection #4

Be strong and courageous;
Do not be terrified; do not be discouraged,
for the Lord your God will be with you wherever you go.
   Joshua 1:9

There are a few things I can't stand to do since you died . . .

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Prayer:
Dear God,
I miss my loved one so much. Help me to remember everything I can
about her or him. She or he means so much to me. Amen.

Additional thoughts:

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Reflection #5

Come to me, all you who are weary and burdened, and I will give you rest.
Matthew 11:28

When you died I thought I couldn't go on. I had to because . . .

Prayer:

Dear God,
Every day there are things that remind me of my loved one. Help me to cope with the reminders in a positive way. Help me to be the best person I can be inside. Amen.

Additional thoughts:
Reflection #6

Jesus said to her,
"I am the resurrection and the life;
he who believes in me, though he die, yet shall he live,
and whoever lives and believes in me shall never die.
Do you believe this?"
John 11:25

There are questions I would like to ask you . . .

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This is how I think you would answer . . .

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Prayer:
Dear God,
There are so many unanswered questions that I have. It is about six
months after my loved one's death, and I am still confused. Help me to find
answers to my questions or to deal with the fact that there are no answers. Amen.
Additional thoughts:

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Reflection #7

The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me.

John 16:32

I first began feeling hope about living when . . .

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Prayer:

Dear God,

I feel so lonely at times. Help me to remember I am never alone with you by my side. Amen.

Additional thoughts:

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Reflection #8

Though he stumble, he will not fall,
for the LORD upholds him with his hand.
Psalm 37:24

The biggest challenge I continue to face is . . .

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Prayer:

Dear God,

Thank you for helping me survive this far. I know I have a long way to go, but with your help I will continue to survive. Amen.

Additional thoughts:

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Reflection #9

Blessed be the God and Father of our Lord Jesus Christ, 
the Father of mercies and the God of all consolation, 
who consoles us in all our affliction, 
so that we may be able to console those who are in any affliction 
with the consolation with which we ourselves are consoled by God. 
2 Corinthians 1:3-4

The qualities I miss most about you are . . .

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Prayer:

Dear God,

Thank you for giving me memories. They are so helpful through this difficult time.

Amen.

Additional thoughts:

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Reflection #10

Love bears all things,
believes all things,
hopes all things,
endures all things.
Love never ends . . .
I Corinthians 13:7-8

What I will miss most about our relationship is . . .

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Prayer:
Dear God,
It seems everyone wants me to "get over" my loved one's death.
Help me to remember to give myself time. Grieving takes time.
I love my loved one so much. Amen.

Additional thoughts:
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**Reflection #11**

We know that in everything God works for good with those who love him, who are called according to his purpose.  
Psalm 116:8-9  
Your death has changed me by . . .

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Prayer:  
Dear God,  
It has been almost a year since my loved one died. She/he will always be missed and loved. My loved one's memory will always be remembered and cherished. I have changed, and I am stronger. Thank you for giving me strength. Amen.  
Additional thoughts:

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Reflection #12

For you, O Lord, have delivered my soul from death,  
my eyes from tears, my feet from stumbling,  
that I may walk before the Lord in the land of the living.  
Psalm 116:8-9

The ways you continue to live on in me are . . .

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Prayer:
Dear God,
As the one-year anniversary of my loss comes closer,  
many feelings and emotions are brought up.  
Help me get through this time  
so I can look forward to a wonderful future full of memories. Amen.

Additional thoughts:
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