



# See God Through Your Tears

by Dr Rev Bruce Woolard

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Lynn Caine, whose husband died in his forties, says in her book *Widowed* that she wishes someone would have explained the nature of grief to her. She writes:

If only someone whom I respected had sat me down after Martin died and said, “Now, Lynn, bereavement is a wound. It’s like being very, very badly hurt. But you are healthy. You are strong. You will recover. But recovery will be slow. You will grieve and that is painful. And your grief will have many stages, but all of them will be healing. Little by little, you will be whole again. And you will be a stronger person. Just as a broken bone knits and becomes stronger than before, so will you.

Doug Manning in *Don’t Take My Grief Away* describes grief this way:

A cut finger –  
is numb before it bleeds,  
it bleeds before it hurts,  
it hurts until it begins to heal,  
it forms a scab and itches until  
finally, the scab is gone and  
a small scar is left where  
once there was a wound.

Grief is the deepest wound you have  
ever had. Like a cut finger,  
it goes through stages and  
leaves a scar.

In a home they once loved, the newly widowed now find themselves surrounded by painful reminders of their loved ones. The muddy shoes by the back door, the pipe and tobacco that once caused irritation, a closet filled with clothing that bears a familiar scent, a favourite perfume or spray still on the dressing table – all painful reminders that for them, life will never be the same. Years of emptiness lie ahead.

An unknown poet has compared this mystery to birth:

When God sends forth a spotless soul

To learn the ways of earth,  
A MOTHER'S LOVE is waiting here;  
We call this wonder BIRTH.

When God calls home a tired soul,  
And stills a fitful breath,  
LOVE DIVINE is waiting there,  
This, too, is BIRTH, not death.

The Apostle Peter spoke of this new birth:

*Praise be to the God and Father of our Lord Jesus Christ, who in his great mercy gave us new birth into a living hope by the resurrection of Jesus Christ from the dead! (1 Peter 1:3, NEB)*

### **New Bodies In Heaven**

Paul E. Billheimer in *Destined for the Throne* sheds light on our understanding of the spirit in relationship to the natural body:

When the spirit leaves the body, the body disintegrates. It loses its structure because it is dependent upon the spirit for its organization as reality. The spirit has independent reality. The body has only relative reality...In other words, your soul & spirit is the real "you", the real person.

According to Ecclesiastes, when we die, "the dust returns to the ground it came from, and the spirit returns to God who gave it" (Eccles. 12:7 NIV). The natural body dies; the spirit lives on.

We are assured that, for those who know the Lord, when the spirit is separated from the body, it is immediately at home with God. Paul said to be absent from the body is to be present with the Lord (2 Cor. 5:8).

Much of the agony – both physical and spiritual – in this world is associated with the pain we experience while housed in our earthly bodies.

Our earthly bodies which die and decay are different from the bodies we shall have when we come back to life again, for they will never die. The bodies we have now embarrass us, for they become sick and die...Yes, they are weak, dying bodies now, but when we live again, they will be full of strength...Every human being has a body just like Adam's, made

of dust, but all who become Christ's will have the same kind of body as his – a body from heaven (1 Cor. 15:43, 44, 48, TLB).

The new resurrection body of the believer will be like Christ's. It will be real, recognizable, and indestructible, as well as glorious, powerful, and heavenly.

“We shall be like him” (1 John 3:2, NIV). And “just as we have borne likeness of the earthly man, so shall we bear the likeness of the man from heaven” (1 Cor. 5:49, NIV), said Paul.

“For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens” (2 Cor. 5:1, RSV).

The prospect of a new body has special meaning for believers who have endured great suffering or have struggled with impaired, weak, imperfect bodies.

May God help you to see something greater through your tears. Your loved one is safe. Be not afraid, God will take care of you.



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