

How You Can Find Balance in Grief

In this special interview, Dr. Lonise Bias, mother of Len Bias (drafted to the NBA with the Celtics in 1986), shares her testimony of the tragic loss of her son and how she found God through her deep sorrow. Learn how she allowed grief to bring purpose from her pain.

Dr. Lonise Bias shares her testimony of losing her oldest son, Len Bias, 35 years ago to a drug overdose two days after signing with the Boston Celtics and her youngest son, Jay Bias, to a senseless shooting at a mall. She talks about how these losses took her through one of the hardest tests God could have ever allowed her to endure.

Yet with Gods help, time and His supernatural strength, she overcame and is now able to help thousands upon thousands of people get through all levels of grief. "The best is yet to come" is her famous words of encouragement. She realizes God has chosen her for this mission and gave her the strength to bring purpose from the pain. She believes no matter what we go through, "the best is yet to come."

Bias says, "Life is a bowl with lemons and honey in it; sometimes it can be sweet, and sometimes it can be very, very bitter." Believers must put our faith into action, she says. "This is a time we must believe the Word of God and put it to work. We must have faith in God and trust Him to help us through the messes of life. We can only deal with these one step at a time. It's impossible to untangle the messes of our life without the strength and will of God. We must understand we will go through tests that may break our hearts," Bias says. "Our faith must grow. We cannot stay in faith of 20 years ago; we must walk in now-faith. Now-faith doesn't always taste good; it doesn't always feel good, but we must

understand we will go through some tests.”

No matter what the heartbreak, we must keep our eyes on God and continue to believe in miracles. God is alive and well. The testing of our faith is more precious than silver and gold. To lose both her sons, her only children, one after another, only God could have brought her through it. Bias struggled with not wanting to move forward, asking God why she should. But she fought through it all by the help of the Father. She says, “God does not bury love. The love you have for your loved one, you have to sacrifice and give that love to someone else, and this is part of the healing.” She believes God used her sons as seeds sown in the ground. These seeds are thousands of other souls that bear the fruit of salvation and healing for the glory of God. Check out the rest of this interview on *The Keys Against The Enemy* on Charisma Podcast Network. {eo}

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