

WATCH: TobyMac Reveals How He Grew Closer to God While Grieving Son's Death

Christian recording artist TobyMac is sharing how his life has forever changed since the tragic death of his son, Truett Foster McKeehan.

Truett died at home in Nashville, Tennessee on Oct. 23, 2019 from an accidental drug overdose.

During a six-minute video, TobyMac revealed that his family continues to process the grief and loss felt by the 21-year-old's untimely passing.

"To me, grief comes in waves. Some days it hits you really hard. Other days, I can't say it's ever stayed off of me, but I can't say that it hasn't beat me up some days. Let's put it like that," the artist said in a video released by Joy 99.1 FM.

"It comes in waves and you know, the truth is I didn't know grief really. I just felt like everything was beautiful and perfect until the last few years," he explained. "And then when I lost Truett or when we lost Truett, everything changed. I met grief in the fiercest way."

Prior to Truett's death, the 57-year-old recalled meeting a man who had unexpectedly lost his son.

"I met a guy in Austin, Texas and he lost his son. It was before I lost Truett," TobyMac said. "I actually was playing Austin, and he was a guy I'd never met that said I could come play his golf course with him."

He continued, "When I went and played with him, he told me he lost his son and he told me all about it, a car accident. It

was really interesting. He told me a few things that were like preparing me kind of. He told me that when you go through something hard, you have to grab onto something you can trust. His thing was to grab onto a promise of God.”

The man told him that God never said there wouldn't be pain, but He did promise to be by our side during the difficult times. {eo}

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