

Healing From Loss or Grief at Christmas

Loss of anything significant becomes especially painful during the holidays. Loss of a relationship, a job, even material things.

Grief over the loss of a loved one can boil over in “ambushes of grief” with the simplest triggers of holiday sights, sounds, smells or memories.

I’m spending my first Christmas without my husband Al, and the loss is painful. I know where he is, and my faith is strong. Assurance of eternity makes a world of difference in our grief.

But it does not remove the pain.

Healing from the pain of any loss doesn’t simply happen with the passage of time. Healing is something you have to choose, believe in, seek and decide to accept into your being.

I’ve learned a lot—again—about healing in the months since my husband died. And I know you can experience God’s healing from the pain of whatever you have lost as well.

To find healing, you have to allow the wounds to open. You have to “go there.” I invite you to use the painful feelings that come up this holiday season as a way to open the wounds in your heart to God’s healing presence.

Christmas can actually be a time of healing. I’d love to offer you some specific suggestions on how you and I can experience that healing during this holiday season.

If you haven’t signed up to receive our “Beating the Holiday Blues” series, you’re missing a lot. This video is about wrestling through grief and loss to find the healing we need.

And I have some very specific suggestions on how you can do just that this year.

You can access these FREE videos here. I hope you'll join me.
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