

## IS HOPE POSSIBLE AFTER LOSS?

It's been said that without grief, there would be no need for hope. Yet it's easy to feel robbed of all the things we had hoped for, including our loved one's future and how it once was intertwined with our own. As we learn to live with our loved one in our hearts instead of our arms, what does hope look like? Is it possible to feel hope and happiness ever again? What does the future hold?

### CASES TO PONDER

A widowed wife said, "Hope is watching a sunset and knowing you made it through another day. Hope is knowing if you got through one day, you will get through another."

A widowed husband said, "My definition of hope is still somewhat the same: that life will get better even though the heartbreak will always be with me."

A young woman who lost her sister said, "My definition of hope is looking forward to better days. I look forward to being able to live again with joy, peace, strength, and happiness."

A father who lost his son said, "Whoever said hope has no fear has never been more right. I fear nothing. Life is going to happen whether I worry or not. To me, hope is that voice in my soul saying it's going to eventually be okay, so the next day I get up and try again."

A bereaved mother said, "What I hope for now has changed from material things to spiritual things. This is a good thing."

A grandmother who lost her grandson said, "Hope is feeling the ability to navigate through difficult challenges and trust that I'll arrive at a better place."

A young man who lost his mother said, "Hope to me is finding a way to live a happy life and being able to deal with my mom's death. It is about learning to be happy with the memories, accepting the blessing of her being my mother and moving forward."

A bereaved mother said, "I wondered if I was forever going to feel lost. Would I ever smile and laugh again? Yes, it did happen. Now I accept my loss and finally am in a place of being able to feel joy again."

### ANSWER THE FOLLOWING QUESTIONS

**What is your definition of hope today? Have you found hope?**

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