



From Grief To Gratefulness

EXLEY RICHARD

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Nothing can prepare you for the loss of a loved one...but with God's help you can turn grief into gratefulness. Death is all around us. We feel its long-extending reach on a daily basis. We see it on the evening news. We experience it vicariously through friends, co-workers, and fellow church members. But when death knocks on a loved one's door, there's no way we can truly be prepared for the emotional, physical, and spiritual impact it can have on our lives. From Grief to Gratefulness is one family's true life account of personal loss and the arduous healing process that follows. It deals with the specific stages that accompany bereavement including shock, emptiness, exhaustion, and loss of meaning. This book also spells out the temptations that inherently come along such as anger, guilt, and an overwhelming desire to simply give up. It gently shares Biblical truths that will help grieving individuals trust in God above their emotions and allow them to praise Him in spite of their deep hurts. Each chapter of this compelling narrative contains highly descriptive word pictures that place the reader firmly in the author's shoes. Anyone who has experienced the loss of a loved one will immediately connect with the heart of this universal story. More importantly, this book encourages its readers to embrace the memories of those who have passed on, to be thankful and grateful for the gift of life, and ultimately to look forward to a Heavenly redemption and the promise of eternity. For anyone who has lost a loved one, the principles conveyed in this book represent the important and vital steps in overcoming the struggle of grief to once again embrace life with hope.

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