

Sunday Q&A

Your Faith in Focus



REGAINING SPIRITUAL FOOTING

How do I cope with loss?

Fr. Mike Schmitz explores our options in the face of loss—whether an unrealized hope, a long-term illness, or even the death of a loved one. He suggests there are essentially four options that we should seriously explore and discern. Sometimes, we can restore what has been lost; other times, we can replace or even redesign; but still, other times, we are simply left to relinquish—to surrender to God.

Sometimes prayers are answered, dreams are realized, loved ones are healed, and God’s merciful hand is evident because things are going so well. Other times—even though God continues to love and guide us—we are faced with loss, suffering, difficulty, and even death.

In times of loss, it is natural to question how to cope. Should you attempt to restore what was lost, seek to replace it, or perhaps redesign your life without it? Or is it better to let go and surrender your loss to God—who loves you—and trust?

Sometimes the only thing left is to relinquish, to

let go. Relinquishing does not mean you don’t care. Relinquishing means that at some point, I can take this person, this relationship, this great gift that I had, and place it in the hands of the Father. I can say, “This has broken my heart; this has broken my life, and now I place it into your hands, Father. I surrender. I surrender this person or relationship, I surrender this dream, I surrender this past way I used to be or this way I used to live. I relinquish this in order to move forward.”

When we are faced with life’s deep disappointments or even with full-blown heartbreak, we would do well to remember that when we surrender and trust, we are in good hands. A line from a psalm can help us get through bad spells and the worst of times. If you can commit it to memory, do so, or at least recall the point the psalmist makes:

“The LORD is near to the brokenhearted, and saves the crushed in spirit.” —Psalm 34:18



Ponder and Pray

- Are there things in your life now that you need to process and surrender to God? What are they, and how have you been dealing with these realities up until now?
- Who in your life does this article make you think of? How can you be a support for them in coping with their difficulties?

Make It Your Own

Reflect on any of your losses using this chart. Whether you are confronted with simple disappointments or intense sufferings, see how Fr. Mike's four stages or options can apply to your situation. Note briefly how you coped, or are coping, in the spaces.

A loss I'm confronted with:	Restore	Replace	Redesign	Relinquish

Tip of the Week

Pray, talk it through with someone, and engage with any losses that you are dealing with in your life right now.

Dive Deeper

Scan the code or go to the URL to listen to Fr. Mike's full podcast episode on this topic:

<https://media.ascensionpress.com/podcast/coping-with-major-losses-4-practical-tips-from-fr-mike/>

