

When Lost for Words



For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in

Christ Jesus our Lord.
Romans 8:38-39

I will comfort you, says the Lord, as a mother comforts her child, and you shall be comforted.

Isaiah 66:13

O Comforting One
Compassionate One
be with us when we suffer loss
and ache with the pain of grieving.
Give us a glimpse of the way it will be
when love will never be taken away,
when life itself will not be diminished,
when all that we hold most precious
will live and remain with us for ever.



Light a candle and take a moment to be still and remember someone you have loved and lost.

As you look at the flame, think about the light which your loved one has shed on your life and the lives of others...

If there was something you would have liked to say to them, say it now in the silence of your heart...

If there was anything to be forgiven, on either side, let that be part of your prayer...

As your time of reflection comes to an end, may God's loving presence go with you.

'God is light, and in him is no darkness at all' 1 John 1:5 We remember, Lord,
the slenderness of the thread
which separates life from death,
and the suddenness with which it can be broken.
Help us also to remember that
on both sides of that division
we are surrounded by your love.

Help me Lord to be fully human, to grieve that I may be able to love, to shed tears that I may be able to laugh.

Make me realise that as long as you leave me here there is something I am meant to do.

In doing it help me to find the help and comfort and courage to go on.

O God

Let us look back with gratitude

Forward with courage

Upward with confidence.