

## BEATITUDES FOR THOSE WHO COMFORT



Blessed are those who do not use tears to measure the true feelings of the bereaved.

Blessed are those who stifle the urge to say, "I understand," when they don't.

Blessed are those who do not expect the bereaved to put into the past someone who is still fresh in their hearts.

Blessed are those who do not always have a quick "comforting" answer.

Blessed are those who do not make judgements on the bereaved's closeness to God by their reaction to the loss of their loved one.

Blessed are those who hear with their hearts and not with their minds.

Blessed are those who allow the bereaved enough time to heal.

Blessed are those who admit their uncomfortableness and put it aside to help the bereaved.

Blessed are those who do not give unwanted advice.

Blessed are those who continue to call, visit, and reach out when the crowd has dwindled and the wounded are left standing alone.

Blessed are those who know the worth of each individual and do not pretend that they can be replaced or forgotten.

Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.

*By Jackie Weems*