

# Remembering our Loved Ones

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Friday, 2 November 2018



Death and grief are two realities we don't cope with well. We deal with them differently. While some trivialize death, others simply deny grief in a bid to move on with their lives. Both attitudes aren't healthy. They make us victims. We become too afraid to talk about death let alone grieve our loss. Even Christ was rebuked when He mentioned death.

But His attitude to death was different. Instead of denying or trivializing it, He accepted it. That revealed His power over death. Thus, He showed us that we can take advantage of death to focus on His mission. Remembering our loved ones is a way of learning to accept the reality that "we shall all die someday". This inspires us to live differently.

Today, as we gather on All Souls Day to remember our dead relatives and friends, let's take a break, feel the loss and pray for them. Call it for what it is, terrible. It is ok to feel sad, someone has been taken from you. But let's not lose sight of the One who has risen from the dead. His resurrection is our hope of reuniting with our loved ones and God in heaven.

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