

# Blessed Are the Sorrowful

In the Process of Grief ... They Shall Be Healed

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*And what does it mean to mourn? I asked the multitude, and an elder stepped forward. To mourn, he said, is to be given a second heart. It is to care so deeply that you show your ache in person. To mourn is to not be ashamed of the tears. It is to be broken, to be built up and to be healed all in the same moment. Blessed are you if you can minister to others with an understanding of your own broken being. Blessed are you if you have a heart that feels, a heart that hurts and a heart that loves. And blessed are you if you can minister to others with a heart that serves -- and a heart that sees the need before it's spoken. To mourn is to forget yourself for a moment and to get lost in someone else's pain -- and then to find yourself in the very act of getting lost. To mourn is to be an expert in the miracle of being careful with another's pain. It is to be full of willingness of forever reaching out to and picking up and holding carefully those who hurt. To mourn is to sing with the dying and to be healed by the song and by the death. To mourn is to move forward and to look back. To mourn is to say YES!*