For days now, I've been trying to pull together a devotional. I keep looking at the passages for the daily lectionary, and my brain feels like it's wrapped in flannel. I haven't been able to think. At our church, we are all shocked and hurting for a loved one we have lost. I haven't managed to find any wisdom of my own to share.

But we need God's word. When we don't know what to pray, we are told that the Holy Spirit can utter groans on our behalf. (Romans 8:26).

I don't have wise words of my own. I need to use someone else's wise words. If you are struggling, if you feel sad, and helpless, and heavy-hearted, maybe these verses can cover you today.

"The Lord is close to the broken-hearted, and saves those who are crushed in spirit." (Psalm 34:18)

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." (Matthew 11:28)

"Blessed are those who mourn, for they shall be comforted." (Matthew 5:4)

Our Lord was with us in suffering, "…a man of suffering, familiar with pain." (Isaiah 53:3)

He understands grief. "Jesus wept." (John 11:35)

Sometimes, we don't have the words. When shock, and sorrow and loss overwhelm us, it's absolutely allowed to come to him with all the emotions you're holding. It's okay if there are no easy answers, just to know that He's there beside you in your grief, that He understands. That you aren't alone.

Maybe there is no answer to the question, "why?" Maybe no answer to that question could ever be good enough, anyway. Maybe it's not an answer you need. It's just to know that you aren't holding it all alone.

"The eternal God is your refuge, and underneath are the everlasting arms." (Deuteronomy 33:27) Even if the floor drops out from under you - He'll catch you.

"I am He who will sustain you. I have made you, and I will carry you; I will sustain you and rescue you." (Isaiah 46:4)

"He tends his flock like a shepherd. He gathers the lambs in his arms, and holds them close to His heart." (Isaiah 40:11)

I’ve been struggling to find words in a meaningful devotional. Today, I realised with a quieter heart that the comfort isn’t always meant to come through any words of mine. The comfort we need comes from Him, and His love.

May God be with you today and always.