

Title: Urbana Stories #6 – Jesus With Us In Grief

March 20, 2023

Greetings all,

Here's another story from one of our Immanuel Approach volunteers at Urbana:

“One of the students I prayed with initially struggled to perceive Jesus, and appeared to be struggling to suppress distress. We went through a simple relaxation exercise to quiet her distress, and then what surfaced was that her cat had recently died. She said that if her parents were here, they would tell her to just get over it.

She initially had hardness toward God, and wanted Him to answer why her cat and other animals have to suffer, but eventually she was able to perceive Jesus behind her. She had her back to Him.

With a little more time, she moved into a place of willingness to invite Jesus to come out from behind her. She was in the memory of being at the animal hospital, petting her cat ('Peanut') just after it had died, and when Jesus came out from behind her, He stood right beside her and started petting Peanut as well. She was able to cry and grieve her cat, not only with 'permission' to feel sad and cry, but also with Jesus being glad to be with her and by her side, in her grief. Jesus validated and comforted her.

She was then able to find a new positive memory, and perceived Jesus at the table eating her favorite food with her.

In summary, she was able to grieve after feeling pressure from her parents to stifle grief, and by the end of the session she was much more open to the possibility that Jesus' presence is more important than hearing answers to "why" questions. She was settled, having joy built with Jesus, as the session ended.”

Blessings,

Dr. Lehman/Karl

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