

Text SD 43: Mourning

There are different types of grief: compassion and sympathy with other people, the feeling of having lost a person, or an indefinite feeling of being alone. The best thing is: let's direct our thoughts and feelings to God - he will help us to deal with the situation. But let's not give the feelings of grief a chance to slide into depression or despair.

"Whoever does not mourn - the word mourning is perhaps poorly expressed - whoever does not feel that the brother, the sister is still wading in the deep mire, whoever does not feel that every good word spoken or work done in selfless love has a helping effect, and whoever is not convinced of this, is still too encapsulated within himself" (Weidner 2000d:95).

However, mourning for the deceased can drain energies and strength. "For ... when you have grief in your hearts, you let the forces escape. It is seldom a person who can control himself when dear loved ones have preceded him, and the negative beings know this. They make themselves strong with their mourning, and that is why every messenger of God will say: If you mourn, pray rather than mourn for the one whom the Creator has called away. For mourning is a power factor of the negatives, they drain the powers and become more powerful" (Weidner 2000b:60/61).

It is similar with feelings of despondency or depression: for instance, "the devil in Islam - to quote a saying of Luther - is 'a melancholy spirit.' When he comes and wants to make the believer despondent with his inspirations, one must confront him with joyful courage, 'for nothing is so hateful to him as the joy of the believer'. And one must remember that temptation follows precisely the highest spiritual experiences: 'Loveliness in the thought of God results in bitterness in the inspiration of Satan'" (Andrae 1980:110/111).

Grief is always also an opportunity to return to what is essential in life.

Source references and bibliographic information at:

<http://www.geistige-entwicklung.ch/angefuehrte-literatur---cited-literature.html>

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