

Grief; the ultimate test of faith

The grief one experiences when a loved one is murdered is unlike any other grief you may feel when losing a loved one to an illness or an accident. Those incidents are part of the natural cycle of life.

Suddenly, a total stranger walks into your home and notifies you that your son, your father, your mother, your daughter, your uncle, your brother or sister has been a victim of a homicide. In essence they are communicating to you that another "human being" or in some cases More than one, had the audacity to disrespect, abuse and end your loved one's life.

Remember how many times you listened to the media report about a murder and you felt a twinge of sadness for them and the family? How quickly you forgot about it and carried on with your everyday life! Now the media is talking about your loved one and most likely coming to their own conclusions without the facts to base their report. Let's face it; no one really knows your loved one except you and your family! Thousands of people will go on with their lives but the world you once lived in has abruptly changed forever.

Grief from the loss of a murdered loved one is the ultimate test of faith. Hebrews 11:1 "now faith is the substance of things hoped for, the evidence of things not seen". Those of faith claim to trust our God, now we have come to that place where we cannot understand the whys but can only trust the One who allowed this pain to enter your life.

How do you forgive, not give in to anger, bitterness and resentment when every cell and fiber of your being is crying out for vengeance! My grief and my faith would let me do no less than to go against my human emotions and lean on God for my next breath. You can only take one breath at a time because you'd rather not breathe at all.

You deal with the murderers who are suddenly depicted as "victims", their families, their lawyers, prosecutors, judges and endless testimonies and photos and diagrams that you don't want to deal with but must if you are to experience any justice. Finally your family obtains that long awaited justice, but you realize that it didn't give you back what you most wanted.....your loved one.

People will tell you "time heals", no it does not, what time accomplishes is this..... it enables you to endure and become familiar with the heartache that no one understands unless you are a survivor of a homicide.

by Christina Leon-Benitez