

Drippings of Grace Ministries

Rev. Dr. Lisa Renee Sherman

Benediction for Chronic Sorrow

May you feel the quiet company of those who understand
—though they may be unseen, they are near.
May your sorrow, though it lingers, not silence your laughter
or steal the beauty from small, ordinary days.

May your weariness be met with gentleness.
When the weight returns, as it does,
may you not mistake it for weakness,
but recognize it as the cost of loving deeply, enduring bravely.

May your heart be given room to ache and still hope.
May the ache not harden you,
but hollow a space inside you for compassion to deepen.

And when words fall short and prayers feel thin,
may silence still hold you,
and may grace meet you—again and again—
in the shape of a kind glance,
a remembered song,
or the warmth of your own breath.

Go slowly. Go gently.
You are not alone.