

Drippings of Grace Ministries

Rev. Dr. Lisa Renee Sherman

Communion Meditation: Chronic Sorrow

As we come to the Table this morning, I want to speak to those who carry a kind of grief that doesn't go away.

There is a name for it—**chronic sorrow**. It's the quiet ache that returns in cycles: the pain of a diagnosis that changed your life or the life of someone you love. The loss that happened years ago but still takes your breath away on random Tuesdays. The long wait for healing that hasn't come. The slow grief of caregiving. The unfulfilled longing that persists. It's the kind of sorrow that doesn't make headlines but shapes daily life.

Sometimes we feel like we have to hide it. Even in church. Especially in church. But Jesus does not turn away from our sorrow—He meets us in it.

When Jesus took the bread and said, “*This is my body, broken for you*”, He wasn't offering us a distant theology. He was giving Himself. The One who wept at the tomb of His friend. The One who felt forsaken. The One who knows what it is to carry pain in His body and soul.

And when He offered the cup and said, “*This is the new covenant in my blood*”, He was promising a hope not based on how we feel today, but on what He has done. His brokenness for our healing. His sorrow for our joy. His death for our life.

At this Table, we don't have to pretend. We bring our whole selves—wounded, waiting, weary—and we receive what we could never earn: grace.

So, if your sorrow has been walking with you like a shadow—know this: Jesus is here. Not just to fix it, but to be with you in it. To hold your grief in His hands. To promise you that sorrow is not the end of your story.

Come, take and eat. Not because you are whole, but because He is.

