

Drippings of Grace Ministries

Rev. Dr. Lisa Renee Sherman

Title: “Finding God in the Midst of Chronic Sorrow”

Dear Church Family,

There is a kind of sorrow that doesn't come and go in waves but instead lingers quietly beneath the surface of everyday life. It's often misunderstood, sometimes unnamed, but very real. It's called *chronic sorrow*—a grief that persists over time due to ongoing loss or unchanging difficult circumstances.

Chronic sorrow can affect parents of children with disabilities, spouses caring for loved ones with dementia, individuals facing long-term illness, or anyone living with a loss that cannot be fully “gotten over.” Unlike acute grief, which often has a beginning and an end, chronic sorrow stays with us, occasionally flaring up during milestones, anniversaries, or quiet moments when we realize, once again, that life hasn't turned out the way we had hoped.

As Christians, we sometimes feel pressure to be joyful, to show unwavering faith, or to put a positive spin on everything. But Scripture reminds us that sorrow and faith are not opposites. In fact, they often walk hand in hand.

In 2 Corinthians 6:10, Paul describes the apostles as “sorrowful yet always rejoicing.” It's a paradox that captures the heart of the Christian experience—we live in a world marked by brokenness, even as we cling to the hope of redemption. Chronic sorrow is not a sign of weak faith. It is, in many cases, the evidence of love—deep, enduring love for a person, a dream, or a life we longed for.

If you or someone you love lives with chronic sorrow, know this: God sees it. He understands it. And He is not impatient with your grief. Psalm 56:8 says, “You keep track of all my sorrows. You have collected all my tears in your bottle.” That's not the picture of a distant God. That's the picture of a Father who is tender and present, even in the long shadows.

As a church, let's be a place where people feel safe to carry their sorrows—whether brief or chronic. Let us listen without rushing to fix. Let us pray without pretending we understand. And let us walk alongside one another with grace.

You are not alone. And your sorrow does not disqualify you from joy, hope, or the love of God