

Abounding P E A C E

Finding peace in the midst of losing a loved one.



by Joel & Chantel Pagan

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THE JOURNEY BEGINS...

Nothing can prepare you for the loss of a loved one. When we lost our little Jet, we felt like we were transported and dropped into the middle of a desert. A place filled with feelings of desolation. Surrounded by emotions of pain and suffering. A reality that seemed like a bad dream. A journey with no return.

IT WILL BE HARD

This Journey Will Not Be Easy

The journey of every day life won't be easy. There will be many ups and downs. Some days will be easy and some will be even harder.

We are not alone however. It's important to remember that our friends, family and faith in God provide us with the strength necessary to push through life's challenges and difficult times.

It won't be easy, but knowing that someday we will be reunited gives us the peace and joy needed to push through a tough journey of no return.

It will be hard and the journey won't be easy but we are confident that all things work for good for those who love God.



*There is a time for everything,
and a season for every activity under the heavens:*

Ecclesiastes 3:1 NIV



TAKE TIME, BE AUTHENTIC

A Time and Season to Find Peace

Take time to process your loss. There is no right or wrong length of time to grieve. We are all different and have differing needs. Some people need days or weeks while others might need years or decades. Take the time you need.

Be authentic. No need to put up a fake smile and pretend that everything is ok. It's ok to say we are sad and need some time to go through our emotions.

Be polite but above all, be honest.

This is a season to take things slow.

Do not be anxious about anything,
but in every situation, by prayer and petition,
with thanksgiving, present your requests to God.

Philippians 4:6 NIV



DO NOT BE ANXIOUS

Take A Deep Breathe

Know who is in control. Anxiety will want to control your mind. It's a feeling of uneasy, nervous or worry. When our desire to do something is faced with a reality of lack of control, we call it anxiety. But we must remember that we can do something and we know that God is in control.

Keep it real. The reality is that we are not in control of most things. Actually, we control very few things in this world. Focus your energy on the things you do control. You control your thoughts of worry and desire. You are not helpless because in every situation we can present our requests through prayer.

Take a deep breathe and remember God is in control.

A wide-angle photograph of a desert landscape. In the foreground, numerous sand dunes with distinct wavy textures are visible. Sparse, small green shrubs are scattered across the sand. In the background, a range of mountains is visible, their peaks obscured by a hazy, light-colored sky.

More than that, we rejoice in our sufferings,
knowing that suffering produces endurance,
and endurance produces character,
and character produces hope.

Romans 5:3-4 ESV

WRITE A LETTER

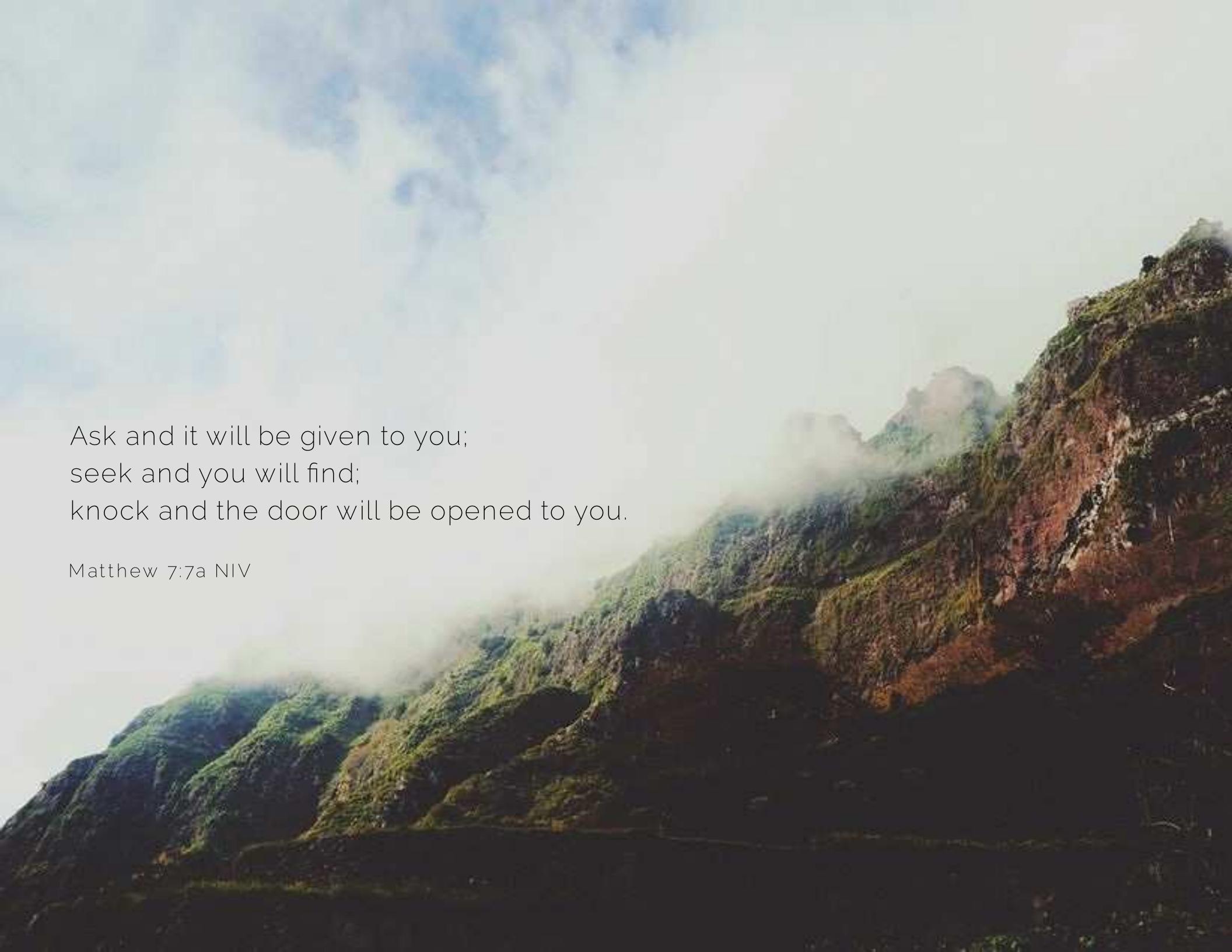
A Message to the Heavens

Write a letter to your loved one. You can mail it, send it unto the heavens like we did or save it in a memory box.

For the anniversary of our Jet, we wrote him a letter. We let him know how much we miss him. We shared how big of an impact his life had in our lives and family. How thankful we are to have had the opportunity to spend time with him. A time that not many people get but we did and we wouldn't trade it for anything in the world.

Write a letter as an act of faith. The pain and hurt will be more real than ever. But writing to your loved one is a physical action that will heal your heart and mind and help you find hope.



A wide-angle photograph of a mountainous region. In the foreground, a steep, rocky cliff face is visible, covered in patches of green moss and lichen. The middle ground shows a valley with green hills and a body of water. The background is filled with mist and more mountain peaks. The overall atmosphere is serene and somewhat mysterious.

Ask and it will be given to you;
seek and you will find;
knock and the door will be opened to you.

Matthew 7:7a NIV

SEEK AND YOU SHALL FIND

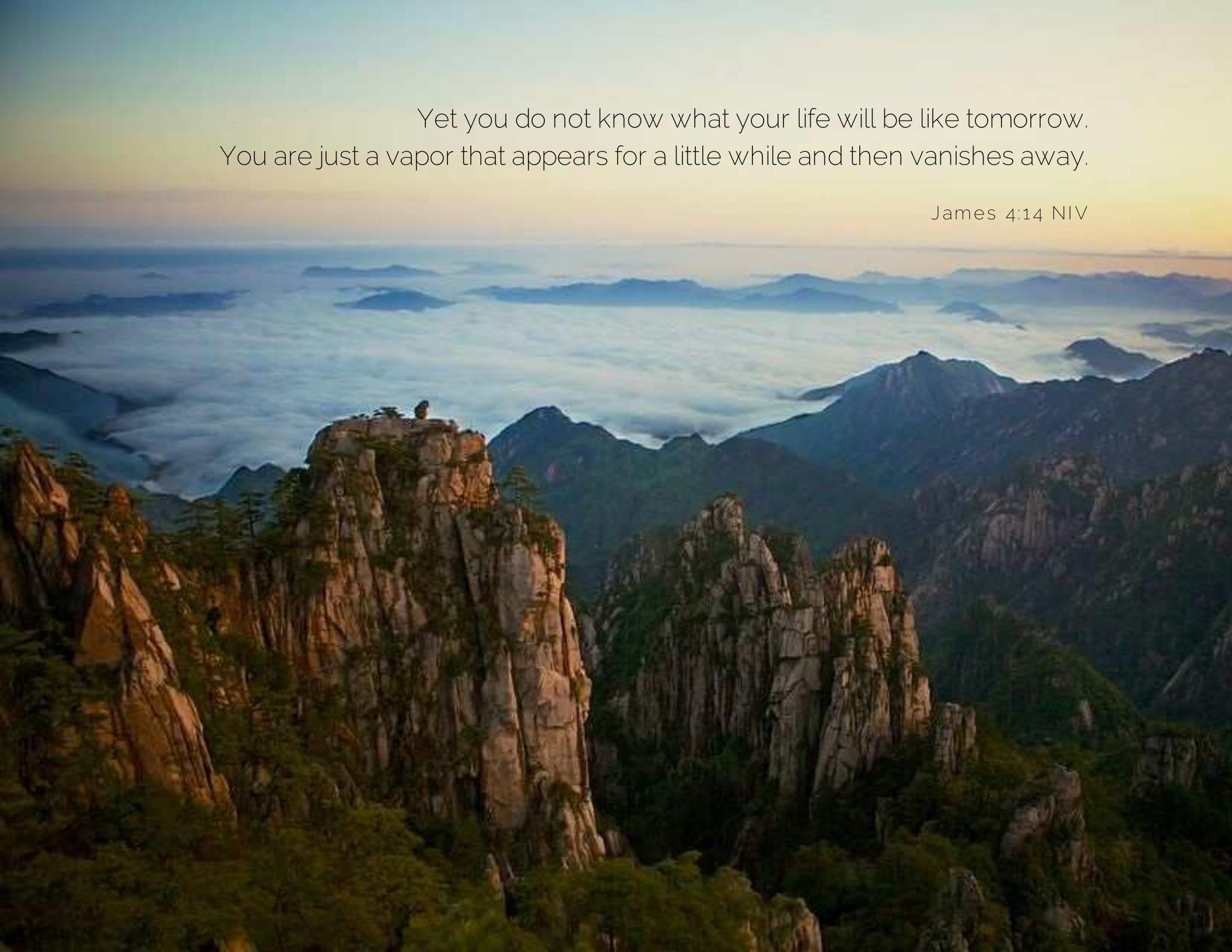
You Will Find Whatever You Are Looking For

Be open to hope and joy. Nothing will be able to replace our loved one. There will always be a void. There is no specific thing that can replace or substitute them. We must however seek ways to remain hopeful.

Seek ways to turn your pain into hope for others. Find small opportunities to share your experience with someone who might also be going through troubles. Ask yourself, how can my experience help that person? Then take action to be of help.

Inspire someone. You will find joy when you use your experience to help someone. And also, It is ok to find joy in small things even after our loved one is no longer physically with us to experience it with us.

Do things that bring honor to your loved one. Are you looking for ways to remember and radiate hope? If not, why aren't you? If your loved one were here, wouldn't they want you to experience and share peace with family, friends and our communities?



Yet you do not know what your life will be like tomorrow.
You are just a vapor that appears for a little while and then vanishes away.

James 4:14 NIV

TIME IS RUNNING OUT

Be An Inspiration To Others

Believe in a life of purpose and mission. What is your purpose? What is your mission? How can you use your loss to help someone and be an inspiration?

Our time is running out. As individuals we don't get more than thirty-three-thousand days of life. It's amazing how short our lives are. We know we won't live forever. Yet, somehow we don't stop to think about how we spend our limited days of life. Stop and think. How can I make the best use of my time?

We have a mission. If we are still breathing, it means we still have a mission to accomplish. We all have purpose. We all have meaning. We must however, seek it out in order to find it. Only those who seek, *will* find.

Time is running out, so what is your mission?

Fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.

ISAIAH 41:10 ESV



YOU ARE NOT ALONE

Seek and Trust God

Know that you are not alone. We have a loving and caring God. Despite our circumstances and our many unanswered questions, we must trust in our Creator.

Do not lose hope, for He will give us strength. In our most difficult times He will help us get through. A peace that surpasses all understanding will be provided to us.

Seek God and you will find Him.



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