

In the midst of struggles and daily challenges, we benefit when someone says: "It's going to be all right." Or "You're going to get through this." Or "You're not alone. I am with you."

St. Paul offers that kind of message to the Thessalonians and to us. His focus is on those who grieve because a loved one has died.

In moments of joy, happiness, fun and laughter, all is well with us.. It is in times of loneliness, sadness, sorrow and loss that a dark cloud can descend upon us.

Paul offers us hope in relating that the Risen Lord Jesus "will come down from heaven and the dead in Christ will rise." That is GOOD NEWS. In addition, we "will be caught up with them to meet the Lord" Bottom Line: "We shall always be with the Lord."

Whatever we experience in our daily living is temporary. It won't be forever. It will change. Or, in the expression we've probably heard many times, "This, too, shall pass." It doesn't mean our struggles and challenges disappear. Daily living takes effort. We know this.

At the same time, St. Paul wants us to see the Big Picture: "We shall always be with the Lord."

We have our challenge: Comfort, console and be kind to one another. Offer hope as best we can.

My sisters and brothers: In faith we know "we shall always be with the Lord."