

Climbing the Highest Mountain in Grief While Learning to Let Go!

by Nan Zastrow

There were the days of desolation,
Then came the nights of endless tears.
My heart filled with blameful anger,
Why did God rob me of your years?

How do I soothe the strong emotions?
How do I know when the time is right?
How do I face the unknown future?
“Letting go” a challenge I will fight.



When will I feel the battle's over?
When will the mountain seem less high?
Who'll point me in the right direction?
Who'll give me strength with which to
climb?

If I let go, must I forget you?
Must I cease to speak your name?
Will I lose the bond of loving?
Will our loving bond remain the same?

I often felt that life lacked purpose
You were the dreams to yet unfold.
You were the reason for the sunrise,
You'd ease the trials of growing old.

God promised comfort for the mourner.
God understands my broken heart.
And He's there to prod me forward
Bestowing love before I start.

Who'll be there to share my good times?
Who'll be there to wipe my tears?
Where will I find another like you?
To share my hours and my years?

Without you time flies quickly,
I tested the place I was to climb.
I felt the strength of my decision,
Step after step, fear fell behind.

How could I loosen my firm connection
Of all the dreams that I clung to?
How do I accept that you are gone now?
And live with memories—nothing new?

There are times that I still waiver
Have I done the best I can?
Have I left this world a little better?
Have I completed God's own plan?

Your death once robbed my purpose,
Living in loss was more than pain.
But the memory of your spirit
Gave me strength to here remain.

Did you ever dream that I could manage?
That I could stand alone and then let go?
That I could climb high on the mountain?
You were the breath that made it so!

You gave me HOPE to keep on living,
You gave me strength to follow through,
When it's time, I'll follow in your footsteps
And climb God's mountain after you.

Of one thing I'm very certain
Loving you will never cease.
Tis why I'll climb the highest mountain
To surrender and accept God's peace.

In the story of our earthly life span
We've shared laughter and the tears,
We've touched some lives with gentle
goodness
And left the world with fewer fears.

As the days begin to shorten
And my time to leave draws near,
In this there is one solace
Our reunion will be dear.

Someday I'll stand there right beside you,
That's when my earthly task is done.
I then will feel the glorious triumph
Of letting go...and know I've won!