

DAY 8 | SADNESS AND GRIEF — WHAT THEY REVEAL

"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit." — Psalm 34:18 (KJV)

"Blessed are they that mourn: for they shall be comforted." — Matthew 5:4 (KJV)

Jesus wept. In two words, John 11:35 demolishes every theology that treats sadness as spiritual weakness. The Son of God — the fullness of divinity clothed in flesh — stood before a tomb and allowed grief to move visibly through Him. Sadness is not the opposite of faith. It is the honest response of a heart that loves.

Grief and sadness activate multiple brain regions simultaneously — the amygdala, the hippocampus, the anterior cingulate cortex, and the prefrontal cortex. The brain processes emotional pain through the same neural pathways as physical pain. This is why grief physically hurts. It is also why it cannot simply be 'decided' away — it must be processed.

Dr. Jim Wilder, whose work integrates neuroscience and Christian formation, teaches that trauma happens whenever we suffer alone — and that unresolved suffering stored in our neural circuits produces ongoing emotional pain that bypasses conscious reasoning. The sadness that keeps returning is often not about the present moment — it is about a past wound that was never witnessed, never comforted, never healed.

The God who heals the brokenhearted (Psalm 147:3) is not asking you to perform happiness. He is inviting your grief into His presence. Psalm 34:18 promises that He is 'nigh unto them that are of a broken heart.' Your sadness, brought to God, becomes a gateway to His nearness — and His nearness is where healing begins.

WHAT THE EXPERTS SAY

"From the brain's perspective, trauma happens anytime we suffer alone. Suffering turns into trauma when we are unable to process our suffering with God and other people." — Dr. Jim Wilder, *The Other Half of Church*

"Traumatized people chronically feel unsafe inside their bodies: the past is alive in the form of gnawing interior discomfort." — Dr. Bessel van der Kolk, *The Body Keeps the Score*



**38 DAYS TO DETOX
NEGATIVE EMOTIONS**

PRAYER POINTS

1. Father, I bring my grief to You today — openly, honestly, without performance. You know the depth of what I carry.
2. Jesus, You wept. You are not distant from my sadness. I receive Your nearness in this place of pain.
3. Holy Spirit, be the Comforter You promised to be. Minister to the places in me that have suffered alone and unseen.
4. I break the power of unprocessed grief that has silently shaped my emotional world. I declare that my mourning shall be turned into dancing, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

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— From the Desk of Chief Seer, Dr. Andre Thomas



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