



SIEBENQUELL

»Lord, teach me.«



To consciously begin a new year is always to leave behind the familiar and venture into unknown territory. It lies before us like a blank page. With trusted companions at our side, we can step into it confidently, one step at a time.

It is very painful when we have to make this transition without a loved one for the first time. In the last year, they were still with us, but now the unknown territory lies ahead of us without them.

A friend of ours is walking this path. His beloved wife died in September. At Christmas, he found the words to express his feelings in a prayer, in giving thanks and in asking for help in learning what needs to be learned. He wants to walk the path step by step, without skipping anything, so that he can gradually understand his great loss with his eyes fixed on the Lord and find relief for his grief.

Deeply moved by his prayer, I asked him a few days ago if he could imagine us publishing it on our website. He said yes – we are welcome to share it. I am very grateful for his generosity. May his words be a blessing to him and to us.

Rosemarie Monnerjahn

January 22, 2026

LORD, TEACH ME

Lord, teach me how to say Good bye
As they lay there so still
As we hold their hand
As light turns to darkness
As warmth slowly fades away
Teach me how to say Good Bye

Lord, teach me how to Grieve
As emotions are so strong
As loss is so deeply felt
As to what was left unsaid
As to what was left undone
Teach me how to Grieve

Lord, teach me how to Celebrate
As to how much meaning they gave to our lives
As to the memories they have left behind
As to the warmth of their smile
As to their touch of our bodies
Teach me how to Celebrate

Lord, teach me how to Share
As to share their journey with others
As to share the lessons they have taught us
As to share this message with friends and strangers
As to share God's promise of Love, of Hope and of Peace
Teach me how to Share

Lord, teach me how to Love again
As to accept how imperfect we are.... but strive to be better
As to be able to put our Trust in others
As to Love others and to accept their Love
As to know Love is always followed by Loss
But not be afraid...
Teach me how to Love again

*In memory of my dear wife, Wanda E. MacLeod Eldridge,
Jim Eldridge*