

Woman, Wife, Widow

Widowhood is a stage in life that many women will have to face at some time.

It helps to know what to expect.

This article is mainly directed towards a young widow who still has children living at home dependent on her, but can also be of help to older women when they face widowhood.

The thought of becoming a widow makes most women cringe!

A girl dreams of becoming a woman, then a wife and mother, even a grandmother, but never a widow.

Yet in society women will generally outlive men, but little real thought is given to preparing for what is more than likely to happen, widowhood.

Widow has never been a desired title, yet how quickly a woman can pass from wife to widow, with her husband's last breath the transaction is complete.

Momentous changes have taken place. A widow has to face the sad fact her life with a man she loved as sweetheart and wife has ended.

She feels as dead inwardly as her husband is physically.

Major changes are ahead, she has become what she never wanted to be, a widow.

Tears seem to be a continual flood, yet they are essential for the adjustments she must meet in her new life.

She is now the only parent of her children.

Lost instantly are the physical privileges of marriage and added also instantly are multiplied responsibilities.

Her children need an explanation, comfort and extra love, and she alone must be ready to provide it.

Death must now be explained to the children and their feelings of pain and loss must be handled.

Death is hard for all of us, but a widow has to try to explain it without engulfing her children in her own grief.

Yet as they see their mother's tears they also see the worth their father had to the family and their mother's high tribute to him.

In a family all share the experience as a group.

She must hold her children close and talk about daddy's death, but be careful **not** to give them too much information at once, depending on their age.

A child reacts to grief differently than an adult, some will show changes in behaviour; remember their security has been shaken.

She must reassure her family that they will **not** be abandoned, as some children will fear.

The words of comfort she gives to her children will begin to help her also face the future.

The Triune God is always there available especially for widows and their children.

Staying close to Him as a family in prayer and study of His Word, the Christian Bible, is basic to the help needed at this time of loss.

The scriptures are a widow's close companion and the Creator God will give her more strength and comfort her through them.

Psalms 10:14 [New King James] *“But You have seen, for You observe trouble and grief, to repay it by Your hand. The helpless commits himself to You; You are the helper of the fatherless.”*

God confirms that He is helper of the fatherless.

Psalms 146:9 [New King James] *“The LORD watches over the strangers; He relieves the fatherless and widow; but the way of the wicked He turns upside down.”*

Will relieve the mental pressure on the fatherless and widows.

Isaiah 1:17 [New King James] *“Learn to do good; seek justice, rebuke the oppressor; defend the fatherless, plead for the widow.”*

God commands His people to defend widows.

James 1:27 [New King James] *“Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.”*

Pure religion is to visit and help widows and fatherless, expect this and accept such help from true Christians.

A widow needs to talk to someone who will really listen to her for extended periods of time, but such people are few and far between.

If such a real confidant is **not** available, and it **must** be someone who understands her feelings. **A widow will often find that writing down her thoughts and feelings genuinely helps.**

A widow wants to talk about her husband, yet many people do not realise this and become uncomfortable when she does.

A widow may have to return to the workforce in order to meet all the expenses that the family faces. This is on top of all the household duties; shopping, cleaning, meals, laundry, etc.

What about the children? –

Children can help a widow in all of these household tasks when the team spirit is encouraged. It is also helping the children to mature in their own lives, taking on certain responsibilities as part of the family team.

Death has touched the lives of the children yet this can give a deeper understanding of living, they become more dependable and responsible.

The Creator God is well aware of the situation you are in, for Mary, His physical mother, became a widow when He was still young and as the firstborn had responsibilities towards the family when Mary's husband Joseph died.

God is the god of the widow and Father of the fatherless, faith in such promises will give a widow strength.

The bereaved has **no** power to change the situation, as a widow she must accept and embrace the reality of her new life.

Acceptance may come slowly, as grief and shock will hinder it, but it must come.

The family becomes closer and more unified by a common enemy-death.

Children often more resilient than adults emerge with surprising strength and offer positive, loving encouragement to their remaining parent.

The strong inner desire for life goes on, perpetuated by the children.

Their attitude can greatly inspire their mother, who may feel her life ended along with her husband's.

A widow must find time to be with her children, to play with them, talk to them and shower them with love.

A widow must in her busy schedule try to find ways of relaxing.

Walking, especially looking at the beauty of creation at the same time, is the best way to physically release tensions.

The widow's life is very busy but at the same time she must be **not** overlooking her need of interest outside of the home.

Eventually her children will be on their own and so will she.

A message to all women –

What can a woman learn from this article, that is, if she has had the courage to read it this far, since no-one wants to contemplate becoming a widow?

She can learn to prepare for life in her formative years and prepare well.

She should become well educated, building skills to use in her family, with others and in life in general.

She must develop deep reserves of inner strength and quiet calm.

She should develop vision for the future, and though she may never be a widow, she should know that life has other challenges and trials that she will have to face.

She should become thrifty, **not** throwing away money on unnecessary extravagances but buying necessities for family living.

She should learn to care for possessions.

When she marries she should learn to love her husband and children, for they are most precious gift of the Creator God.

She should cherish these wonderful gifts and enjoy every day and every minute with them.

She should avoid letting little insignificant problems get to her, but work them out.

Marriage to the right person is a high physical pleasure and she should rejoice with the husband of her youth and all that the Creator God has given her in life.

She should continually thank the Creator God for her husband, his love, tender care and qualities, being thankful that he is there to love, comfort, encourage, inspire, provide for and protect.

Should a woman then become a widow, the wonderful memory of her husband will far supersede physical death.

She should, along with all true Christians, look forward to the future Kingdom of God.

Revelation 21:3-5 [New King James] *“And I heard a loud voice from heaven saying, ‘Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.’ Then He who sat on the throne said, ‘Behold, I make all things new.’ And He said to me, ‘Write, for these words are true and faithful.’”*

Death and sorrow will be forgotten once and for all.

Widowhood will be a situation in life for which there will be **no** place.