

Dear Bereaved Parent,

Please know how very sorry I am. The fact that someone gave you a copy of this book means that you have suffered the loss I have—the loss of a beloved child. I may not know you personally, but I do know something of your pain, something of your sorrow, something of your bewilderment, something of your despair. In fact, it was in the context of this kind of grief that I began to write **Seasons of Sorrow**.

In 2020 my son Nick, a seminary student who was newly engaged and looking forward to a lifetime of marriage and ministry, very suddenly and unexpectedly passed away. His death left me reeling. It left me grappling with deep questions about purpose and meaning, about faith and hope. In those early days, when I didn't know what to think or what to feel, what to say or what to do, I began to write. I had to write! And so I wrote my praise and my lament, my questions and my doubts, my grief and my joy. I wrote through the seasons of my sorrow.

It is my hope and prayer that these reflections will prove meaningful to you. I understand that it may still be too soon to sit down and read an entire book, but perhaps you would be encouraged to read a few brief chapters—chapter 7 (“God Is Good All the Time”), chapter 10 (“Singing in the Dark”), and chapter 31 (“On the Other Side of the Wall”) come to mind. And then perhaps you can read some of the others when the time is right.

In the meantime, I will leave you with words that brought comfort to me in the early days. A man who had known this same loss wrote to say, “You won't ever get over it, but you will get on with it.” You won't ever stop loving your child, he meant to say, but you will learn to live life again. A time will come when the fog will begin to lift, when the pain will start to ebb, and when your heart will once again know joy. Until then be patient with yourself, take hope, and have faith. The Lord will be with you and bless you.

With deepest sympathy,

Tim Challies

P.S. If I can serve you in any way, please feel free to reach out to me at my personal and private email address: [seasons@challies.com](mailto:seasons@challies.com).