

Women of Destiny

10/3/26

A Mother's Heart: Stepping Back to Heal

"He makes me lie down in green pastures, He leads me beside quiet water, He refreshes my soul." Psalm 23:2-3

To the D.I.V.A.S. of Destiny Christian Fellowship,

For this past year, my heart has been tethered to yours in a very specific way. In the wake of my husband's unexpected passing, walking through these doors every Sunday wasn't just a routine; it was an act of love. I felt an intense almost maternal urge to be here for you. Just as a mother fiercely protects and holds her family together during a crisis, I wanted to assure you that even though our shepherd was gone, the family he loved so dearly would remain whole.

Together, we have wept, we have prayed, and we have navigated the initial, staggering shock of our loss. Serving, listening, and being present for you has been a profound privilege.

But, as any mother knows, you cannot pour from an empty cup forever.

While I have spent this first year focused on comforting our church family, the time has come for me to acknowledge my own brokenness. "Mother" now needs time to grieve, to weep in quiet spaces, and to seek the deep healing that only the Lord can provide. To do that, I must step away from the "family" for a season.

This is not a farewell, nor is it a withdrawal of my love for you. It is simply a necessary pause. I need the freedom to walk through my own valley of the shadow of death without the responsibility of guiding others through theirs.

I trust you completely to the hands of the Great Shepherd and to each other. Please hold me in your prayers, just as I will continue to carry you in mine. Thank you for allowing me the grace to tend to my own heart.

With all my love and blessings,

Lady Meredith Sheppard