



Lessons taught by grief

The experience of grief is essential to moral development. Grief leads men to reflect on the vanity of human wishes and expectations; to learn the essential lesson of resignation; to review their own conduct toward the deceased; to correct any errors or faults in their future conduct toward the living; to recollect the virtues of their lost loved ones, and resolve to imitate them. Grief leads men to serious reflection, sharpens the understanding & softens the heart, teaching patience & compassion.

~ President John Adams ~