

Please,

**TELL ME
WHEN
THIS PAIN
WILL END...**

PATRICIA MÉDICI



EDITORA AUTOR DA FÉ

Rua Plácido Covalero, 341
Bragança Paulista | SP
autordafe.com
contato@autordafe.com.br

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Author:

Patricia Mutta Médici

Graphic and editorial design:

Author da Fé Editora

Editorial order:

Filipe Mouzinho | @filipemouzinho

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PREFACE

In the book by my friend and sister at heart, *Please, Tell Me When this Pain Will End...*, the writing comes from a place that is sincere, passionate, and full of life.

Patricia has been caring for people for 24 years—including in the most painful moments of their lives. As she herself says, “along this journey, there were many times when I encountered patients, friends, and family members who had lost or were on the verge of losing loved ones.”

In the book, we are invited to understand and embrace the pain of those who remain. But deep in our souls, we must recognize that healing belongs to God alone. “In the human condition, this pain will always be part of the process of building our story—through the shaping of our character, the learning of dependence on the divine, and emotional and spiritual maturity.”

Patricia addresses the reality of grief—something none of us likes or expects to experience at any point in life, since it is tied to the loss of someone dear.

Patricia also speaks about the wounds of a bitter heart, which can lead us to hurt the very people we love most. She develops this process in a deeply meaningful and sensitive way.

Her personal experience with the death of loved ones in her own family has given her both the insight and the freedom to approach this topic—one that is extremely important for our relationships with those we love.

Patricia talks about the process of trying to deny that someone we love is gone. This is an attempt by our minds to protect us from suffer-

ing. She also affirms that it is possible to live again and to keep hope alive in our hearts.

I am reminded of a beautiful book by Henri Nouwen titled, *Turn My Mourning into Dancing: Finding Hope in Hard Times*. In it, Nouwen reflects on how sorrow can be transformed into joy without denying the pain.

He writes from his own experiences of personal loss and periods of deep depression. His central insight is that Christian joy is not the absence of pain, but the presence of God in the midst of it.

He says, “God does not ask us to run from sorrow, but to allow it to lead us to joy. Joy is born from the wounded heart that opens itself to the love of God.”

For Nouwen, dancing is a metaphor for the movement of the Spirit, which transforms tears into praise. Suffering, when surrendered to God, becomes a living prayer. This is also Patricia’s message in her book.

We need to allow ourselves to weep, because tears are a spiritual language. We can transform pain into gratitude—not for the pain itself, but for God’s presence within it.

We must also celebrate life, even in the midst of loss, because resurrection begins in the ruins—in pain, in suffering, and in every loss we experience, including the death of those we love.

I am reminded of another book by Nouwen: *Our Greatest Gift: A Meditation on Dying and Caring*. Nouwen sees death not as the end, but as the final opportunity to give ourselves completely to God and to others. He affirms that the way we live through our losses prepares us to die with hope. He writes, “Dying is the most complete way of giving ourselves. Our death can become the final gift we offer to those we love.”

For him, every loss—of people, health, dreams—is a small rehearsal for that final surrender. Those who learn to lose with faith learn to die with peace and serenity. Patricia helps us approach this subject by pointing us toward the peace that fills our being in the dark nights of the soul.

In closing, suffering, pain, losses, and life's struggles reveal the wounded Christ within us. Jesus of Nazareth suffered for us; He knows what pain is and comforts us in every moment of life.

Loss matures us for communion—we need one another. As Patricia says, we should love our dear ones as if it were the last day we would see them.

Sadness is the soil where true joy grows. What is precious is that God transforms our sorrow into joy. As the sacred text affirms: He will wipe away every tear.

Death is the final act of loving surrender; we will be entrusted to eternity. In this sense, death is an encounter with the life of God.

In our spirituality, pain—every tear, every loss, every death—becomes a place of encounter with God's love in our lives.

By reading Patricia Médici's book, we learn not to run from loss, but to be transformed by grace and filled with hope in Christ Jesus.

Member of Academia de Letras Evangélica
Pastor, IPB Alphaville

Alcindo Almeida



DISCLAIMER, CLARIFICATIONS, AND LIMITATIONS OF LIABILITY

This book does not aim to be an academic study, nor to define or establish psychotherapeutic treatment techniques. Its purpose is simply to offer—through a semi-fictional prose narrative (true cases, though with some situations and names changed)—a bridge of connection for those who are also experiencing suffering and loss of a similar nature.

The stories contained here share two common elements: the pain of grief and the perspective of the Christian faith. However, regardless of the reader's beliefs, disbeliefs, or creed, we can all affirm together that in another person's suffering or joy, we are often able to see more clearly into ourselves.

Therefore, I would like to apologize in advance to psychologists and theologians. I do not intend to debate or establish any theological framework, but simply to share experiences of caring for people—experiences I have reflected on alongside the most comprehensive book on matters of care, transcendence, expressions of humanity in beauty as well as in its raw moral limitations—limitations that arise from a disconnection from the Eternal—and, given its historical and temporal scope: the Bible.

To psychologists—or to the field of Psychology—I also ask forgiveness, because although I am a psychologist and a specialist in cognitive therapy, in this book I will rely on my experience of faith and Christian

belief, as well as on the power of the supernatural work of the Holy Spirit as the foundation of the worldview that guides my interpretation of these cases. It is from this perspective that I approach the stories shared here.

This is, therefore, a narrative grounded in a particular worldview—one that is openly acknowledged as not neutral, if such neutrality is even possible in any field.

I believe that God orchestrated the crossing of paths and my encounters with real people—partially and fictionally represented here—so that I could serve as an instrument of His healing in emotionally wounded souls. But He also placed them in my path to warm my own heart and deepen the dimensions of my faith. I confess that none of this would have been possible without the undeserved love and favor of God, which guide our thoughts and emotions.

In this sense, I do not dismiss science as a channel of healing or as a provider of tools for that purpose, but it will not be the focus of this book. I believe that God grants human beings the creative potential to develop cultures and technologies, as well as the wisdom to use this knowledge—so essential to human existence and the preservation of life. Even so, His actions will be the focus of this reflection.

Ultimately, this book is about guidance and counsel within the context of healing emotional pain and the wounds of the soul, specifically within a religious framework of Christian faith, in which I myself am also rooted.

ACKNOWLEDGEMENTS

First and foremost, I thank God for His love and grace, which guide my life despite my weaknesses. I am grateful to everyone who read the first edition and encouraged me to write the second—especially my friend and sister, Alice, who tirelessly reminded me not to give up and devoted her precious time to rereading what I wrote, helping me revise the text, always praying for me, and encouraging me to keep going.

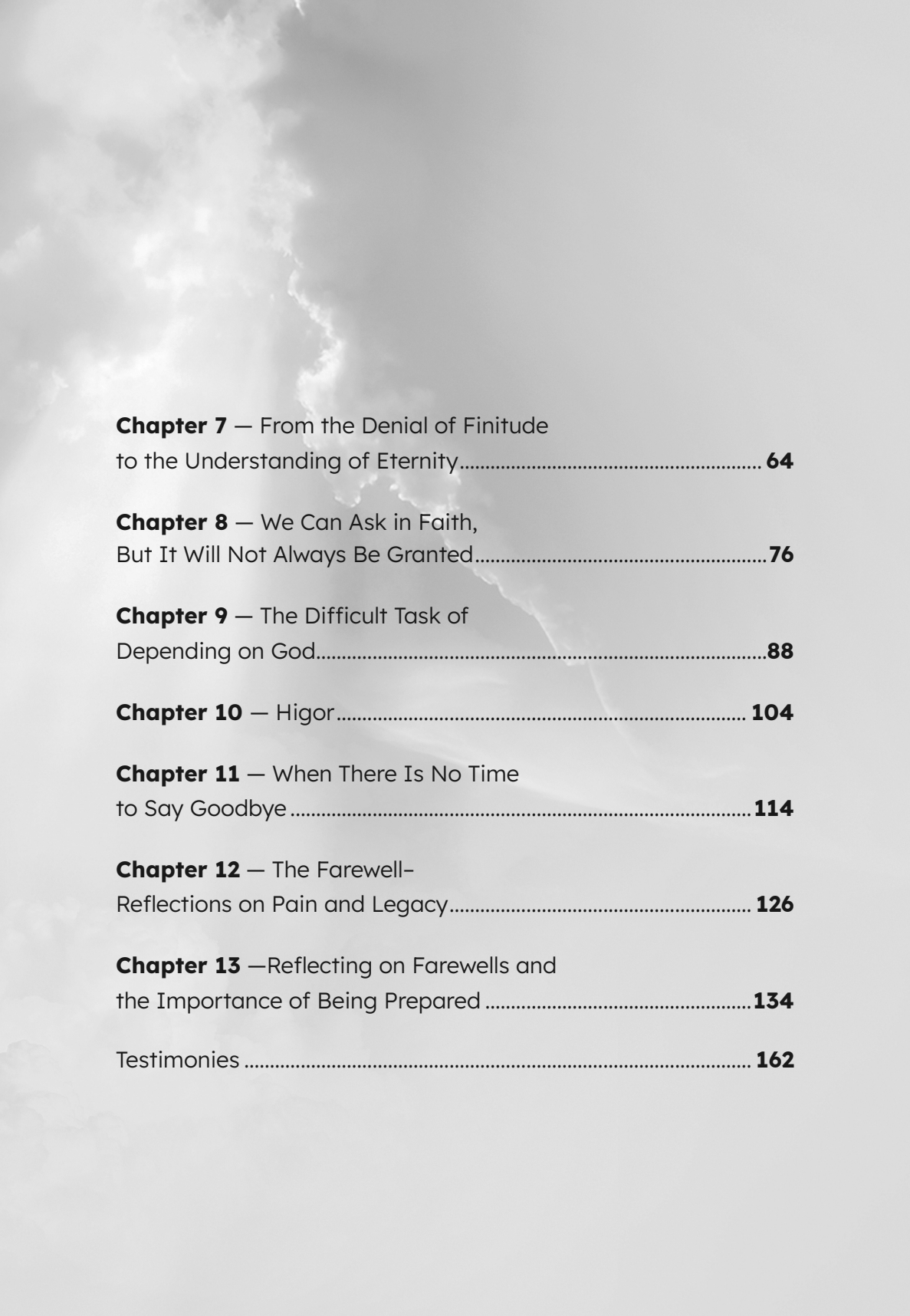
I also thank my husband, who has always believed in me—more than I have believed in myself. I am grateful to my friend, writer, and pastor Alcindo Almeida, who encouraged me to write and promptly offered to contribute the Preface.

I wholeheartedly thank Simone and Marco, our friends who live in the United States, whom the grace and love of Jesus brought into our lives so many years ago, and who introduced us to Nanda and Mike. To you, my deepest gratitude for dedicating your time to read and translate this book into English. This act of love has made you co-parents of this work in the United States. I praise God for your lives. May Jesus bless you and repay you with abundant love.

My deepest gratitude goes to my loved ones whose stories are shared here. I consider them all messengers or missionaries of peace, for through their anguish in times of grief and/or illness, they became instruments of healing for the hearts of those who read this book. You have been the source of my inspiration and motivation.

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INTRODUCTION



It is very challenging to talk about death. I never imagined I would work with this subject in Psychology, as it was not my focus of study, symposia, or even courses. I am not a specialist in this area.

I am a specialist in human development, because my clinical journey in Psychology led me there. I can say that it was not my academic titles that defined this, but the results seen in people's lives throughout my career. Without a doubt, studying Psychology is essential, and I did specialize in this field. However, when it comes to this particular subject, I give credit to God for allowing me to care for hearts wounded by the pain of loss or the anticipation of it.

For 24 years, I have been working with people in the most painful moments of their lives. Along this journey, I have experienced many situations in which I encountered patients, friends, and family members who had lost—or were about to lose—loved ones.

Thinking about how I could help a greater number of people—especially at a time like this, after facing a pandemic so aggressive physically, morally, spiritually, and emotionally—this narrative was born. It does not aim to present clinical psychological cases, but rather to offer com-

fort from a Christian perspective, coming from a heart that has learned empathy through Psychology.

The pain of so many is heartbreaking, many of them with limited resources to cope with and treat that pain. Through these stories and narratives, I hope to reach your heart, so that you may know you are not alone.

With each story, may you come to know yourself more deeply—identifying with the pain of others, but above all, with God’s guidance and care—like a balm, with its healing, restorative, and even fragrant properties, bringing relief to a weary soul.

As a professional of the soul—soul in the Platonic sense—my desire is that you may rest in the assurance that there was nothing you failed to do, nor anything you could have done, to keep that dearly loved person still with you.

Just as our days can bring unexpected situations, there are dimensions of our future that are not in our hands, much less within the scope of our perception.

Given the limitations of our human condition, we must walk with light and wise steps—accepting what we cannot change, while at the same time changing what is within our power. The wisdom to discern between the two is certainly divine.

We have only one certainty in life—this is not our final home. We are passing through. Some finish their journey sooner and arrive earlier at the Father’s house.

Understanding and embracing the pain of those who remain is our responsibility; healing it, however, belongs to God alone. Perhaps this is a divine privilege, for as long as we live in the human condition, this pain will always be part of the process of building our story—through

the shaping of our character, the learning of dependence on the divine, and emotional and spiritual maturity.

For this reason, this book speaks a little about Psychology, but much more about the power of God in healing the souls of those who remain. It tells the stories of loved ones who have passed and those who stayed behind, so that at some point you may find yourself in them—and, in doing so, allow your pain to be eased, feeling lighter as you permit the healing power of God’s love to fill your heart.



CHAPTER

01



The Pain of Grief

