HELP AND HEALING FOR LIFE'S HURTS

Paul Tautges

...but man is born to trouble as the sparks fly upward (Job 5:7)

Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you (1 Peter 4:12)

Loss comes in many forms, too many to list. Some examples include:

- Loss through the death of a spouse, child, parent, or other loved one
- Loss of relationships through conflict, abuse, betrayal, estrangement, divorce, or a move across the country
- Loss of financial security due to business failure, foreclosure, or longterm unemployment
- Loss of health or personal dreams because of disability or terminal illness

How loss enters our lives is not as important as realizing that God's comfort is available through His Word and Spirit, and the people of God.

HIDE IN GOD, NOT FROM GOD

- Psalm 34:18
- Psalm 56:8
- Psalm 46:1

TURN YOUR EYES UPON JESUS

- Psalm 22:1-2
- Isaiah 53:3-7

INTENTIONALLY ADJUST YOUR FOCUS

• Look backwards at God's faithfulness.

Genesis 23:1-2

• Look around at what is true today.

Lamentations 3:22-23

What is true about God? What does God say is true about you and your life?

• Look forward to the fulfillment of God's promises.

2 Corinthians 5:6-8

Philippians 1:12-30

Psalm 13

GUARD YOUR HEART FROM UNHELPFUL RESPONSES

• Guard your heart from anxiety.

Psalm 37:3-4

• Guard your heart from anger.

Psalm 37:8

• Guard your heart from isolation.

Romans 12:15-16

GRIEVE WITH HOPE

• Sing to the Lord, with others.

Psalm 57:7

Psalm 59:16

Psalm 63:5-7

• Remember the rest of the story.

1 Thessalonians 4:13

Revelation 21:3-4

DETERMINE TO BE A CONDUIT OF COMFORT

2 Corinthians 1:3-4



This material is drawn from the 50-day devotional, A SMALL BOOK FOR THE HURTING HEART: Meditations on Loss, Grief, and Healing (New Growth Press, 2020). ©Paul Tautges, all rights reserved.