



When

Life hurts

*Come to Me, all you who are
weary and burdened,
and I will give you rest.*

—Jesus

Matthew 11:28 NIV

When life hurts, really hurts, where can you turn?

Have you ever thought, *“If only I had someone I could turn to, someone who really cares. But no one seems to understand me or the situation I’m in right now.”*

In times of distress and pain, even tragedy, there is Someone whose heart breaks with yours, the heart of God your Creator. He is not a distant, far-away God, who doesn’t care. He is loving and compassionate, and He cares about each one of us, yes, you too. Words can never truly express how much God loves us. This is what gives us hope and security when everything seems to be falling apart. Jesus invites us to come to Him, and He will give us rest and support. He will refresh our souls.

We can say with the Psalmist: *My flesh and my heart may fail, but God is the strength of my heart and my portion for ever.*

Psalm 73:26 NIV

Even if we lose everything, we can never lose God’s love and that of Jesus Christ, His only begotten Son. When we realise this, suffering loses its power over us. Satan, who tries to make us rebel against God in times of affliction, is forced to give way.

Having Jesus in our hearts is the greatest treasure there is, and no disaster or tragedy can rob us of Him. If we have Him, we have all we need, for He has the power to rescue us from our plight or to help us in it.

*My Father’s heart so deep and wide,
Embracing me on every side
With love in all its splendour.
Love ever streams forth from Your heart
To heal my pain, make grief depart.
Your heart is love, all loving!*

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