

SOMEONE CARES



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*Go therefore and make disciples
of all nations...*

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Someone Cares

*A Christian Scripture
resource for persons
suffering with illness*

By Edwin D. Roels

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God's Word. Local Church. Global Strategy.™



The LORD is good.
He is a safe place to go
to
in times of trouble.
He takes care of those
who trust him....

Nahum 1:7

God understands

God knows all about
your present worries and temptations.
He knows what you are going through.

He understands your hurts
and your fears.
He has not abandoned you
or forgotten about you.

Jesus Christ, the Son of God,
went through great suffering Himself.
And it is Jesus
who comes to strengthen
and comfort you
in your trouble.

Listen to Him!

He understands!

What the Bible says

Give all your worries to him,
because
he cares for you.

1 Peter 5:7

Give the LORD a chance to show you
how good he is.
Great blessings belong to those
who depend on him!

Psalm 34:8

The LORD is close to those
who have suffered disappointment.
He saves those who are discouraged.

Psalm 34:18

And now [Jesus] can help those who are tempted.
He is able to help because he himself suffered and
was tempted.

Hebrews 2:18

God doesn't change

When you fully trust in God,
you know that God's love
will never fail you.

Nothing can separate you
from God's love.

Circumstances
may sometimes cause you
to *feel* forsaken,
but you never are.

You may temporarily fail
to *enjoy* the presence and love of
God
because of your hurts or fears,
but God's love is still there!

Circumstances
don't change the reality
of God's presence and love,
even though you may change
in your awareness of them.

God remains lovingly faithful,
and faithfully loving.

God doesn't change!

What the Bible says

Can anything separate us from Christ's love? Can trouble or problems or persecution separate us from his love? If we have no food or clothes or face danger or even death, will that separate us from his love? As the Scriptures say,

“For you we are in danger of death all the time. People think we are worth no more than sheep to be killed.”

Psalm 44:22

But in all these troubles we have complete victory through God, who has shown his love for us. Yes, I am sure that nothing can separate us from God's love – not death, life, angels, or ruling spirits. I am sure that nothing now, nothing in the future, no powers, nothing above us or nothing below us – nothing in the whole created world – will ever be able to separate us from the love God has shown us in Christ Jesus our Lord.

Romans 8:35–39

Suffering

Perhaps you feel
that God is punishing you
for some wrong you have done.
You may feel you deserve
all the trials you are going through.

Is that how it is?

It is true that God
does not always intervene
to keep sickness away from His children.

But your troubles and your suffering
can never pay for your sins.
Only Jesus Christ can do that.

It is by *His* sufferings, not yours,
that you are made right with God.

And remember, God graciously uses
even suffering
for your ultimate good,
if you humbly and sincerely
entrust your troubles to Him.

What the Bible says

Like a good shepherd, he takes care of his people.
He gathers them like lambs in his arms. He holds
them close, while their mothers walk beside him.

Isaiah 40:11

We know that in everything God works for the
good of those who love him. These are the people
God chose, because that was his plan.

Romans 8:28

But [Jesus] was being punished
for what we did.

He was crushed because of our guilt.

He took the punishment we deserved,
and this brought us peace.

We were healed because of his pain.

Isaiah 53:5

My God will use his glorious riches
to give you everything you need.

He will do this through Christ Jesus.

Philippians 4:19



Good people might
have
many problems,
but the LORD
will take them
all away....

Psalm 34:19

Trust

One of life's great blessings
is to have someone you can trust.
Completely! With everything!

Between you and the one you trust
there is total openness,
complete confidence.

The one you trust
will never fail you or leave you,
no matter what happens.

God is Someone like that,
Someone you can trust.

He has promised never to forget you
or to fail you.
He will not get weary of listening to you.
He will not leave you
when your troubles increase.

God wants to be your Friend.
He wants you to trust Him.
Completely! With everything!

What the Bible says

God says,
“Call me when trouble comes.
I will help you,
and you will honor me.”

Psalm 50:15

When I am afraid, I put my trust in you.
I trust God, so I am not afraid
of what people can do to me!
I praise God for his promise to me.

Psalm 56:3–4

LORD, you are my Light and my Savior,
so why should I be afraid of anyone?
The LORD is where my life is safe,
so I will be afraid of no one!

Psalm 27:1

Many people are suffering – crushed by the weight of their troubles. But the LORD is a refuge for them, a safe place they can run to. LORD, those who know your name come to you for protection.... you do not leave them without help.

Psalm 9:9–10

Fear

Perhaps you are wondering
just how serious your illness is.

You may be fearing the worst.

Or you may already know the worst.

And that may make you afraid –

afraid of today, afraid of tomorrow,
afraid of what will happen to you.

Or you may be afraid

of what will happen to your loved ones

if you don't make it,

if you don't get better.

Does God understand those fears?

Does He really care when you're afraid?

Of course He does.

That's why He promises

that He will never leave you.

He assures you

that He will never abandon you,

no matter how rough the way may be.

Tomorrow may be uncertain,

but the promises of God are not.

Do not let fear of the unknown

take away the comfort

of God's promises which are sure!

What the Bible says

“Be strong and be brave. Don’t be afraid of those people because the LORD your God is with you. He will not fail you or leave you.”

Deuteronomy 31:6

Jacob, the LORD created you. Israel, he made you,
and now he says,

“Don’t be afraid. I saved you. I named you.
You are mine.

When you have troubles, I am with you.

When you cross rivers, you will not be hurt.

When you walk through fire, you will not be
burned;

the flames will not hurt you.”

Isaiah 43:1–2



The LORD is my shepherd.

I will always have everything I need.

He gives me green pastures to lie in.

He leads me by calm pools of
water.

He restores my strength.

He leads me on right paths to
show

that he is good.

Even if I walk through a valley as
dark as the grave,

I will not be afraid of any danger,
because you are with me.

Your rod and staff comfort me.

You prepared a meal for me in front
of my enemies.

You welcomed me as an honored
guest.

My cup is full and spilling over.

Your goodness and mercy will be
with me all my life,

and I will live in the LORD'S house
a long, long time.

Psalm 23

Thankfulness

Many people find it easy to be thankful
when things go well,
but they find it hard to be thankful
when things go wrong.

We quickly forget
our years of good health
after a few days of illness.

We quickly forget
our years of freedom
after a few days of confinement.

And thankfulness drains away
along with declining strength.

Do not lose your thankful spirit
when you lose your health.

God has not left you.

His love has not failed you.

God still wants the best for you,
whether or not you may understand
that right now.

Do not focus on what you have lost.
Give thanks for what you have!

What the Bible says

I will praise the LORD at all times.

I will never stop singing his praises.

Humble people, listen and be happy,
while I brag about the LORD.

Praise the LORD with me.

Let us honor his name.

Psalm 34:1-3

Figs might not grow on the fig trees,
and grapes might not grow on the vines.

Olives might not grow on the olive trees,
and food might not grow in the fields.

There might not be any sheep in the pens
or cattle in the barns.

But I will still be glad in the LORD
and rejoice in God my Savior.

Habakkuk 3:17-18

Discouragement

Hospitals and nursing homes are great
when you're in need.
But they're not like home!

All the familiar things are gone,
your normal routine is interrupted,
your favorite foods are not available,
and someone you hardly know
tells you what you may
and may not do.

You feel so dreadfully out of place –
almost like a prisoner.

You hurt, you weep,
nothing seems to go right.
And you don't know how long it will be
before you are well again.

God understands all of that.
He wants you to be honest with Him.
He doesn't want you to hide
how you really feel.
He wants you to talk to Him about it.

He promises to listen!

What the Bible says

Like a deer drinking from a stream,
I reach out to you, my God.
My soul thirsts for the living God.
When can I go to meet with him?
Instead of food, I have only tears day and
night, as my enemies laugh at me and say,
“Where is your God?”

My heart breaks as I remember the pleasant
times in the past, when I walked with the
crowds as I led them up to God’s Temple.
I remember the happy songs of praise
as they celebrated the festival.

Why am I so sad?
Why am I so upset?
I tell myself, “Wait for God’s help!
You will again be able to praise him,
your God, the one who will save you.”
In my sadness I say,
“I will remember you
from here on this small hill,
where Mount Hermon
and the Jordan River meet.”

Psalm 42:1–6

Prayer

Prayer – that is, talking with God –
is a precious privilege.

Through prayer you may find
relief from worry and fear.
Through prayer you may find
fellowship with God
and enjoy the blessing of peace.

But sometimes
you may be too sick to pray,
or too tired.

Or it may seem that God isn't listening.
Or you hardly know what to pray for.
What then?

Then it's good to know
that others are praying for you.
Loved ones, family, and friends
are talking to God on your behalf.

And Jesus Himself prays for you.
And the Holy Spirit, too,
who knows all your needs,
presents them perfectly
before your Father in Heaven.

What the Bible says

Don't worry about anything,
but pray and ask God for everything you
need, always giving thanks for what you have.
And because you belong to Christ Jesus,
God's peace will stand guard over all your
thoughts and feelings.
His peace can do this far better than
our human minds.

Philippians 4:6-7

With Jesus as our high priest, we can feel free to
come before God's throne where there is grace.
There we receive mercy and kindness to help us
when we need it.

Hebrews 4:16

Praise God!

He did not turn away from me – he listened to
my prayer.

He continues to show his love to me!

Psalms 66:20

He will listen to the prayers
of those in poverty.
He will not ignore them.

Psalms 102:17



Anyone
can come to you,
and you will listen
to their prayers.
Psalm 65:2

Patience

For many people life is terribly busy.

Perhaps it is for you, too.

There simply isn't enough time

to do everything you would like to do.

Then sickness comes.

And with it come frustration and irritation,

because you are no longer the master

of your own affairs.

You are simply no longer in control.

You need help.

Sickness, therefore, gives you

an opportunity to learn patience.

God Himself has lovingly slowed you down

from the frenzied pace

of your normal life.

He gives you the opportunity to look up,

to look up to Him,

to start talking with Him again,

to start reading the Bible.

Patience! Don't be so restless!

Make the most of this interruption.

Learn to wait upon the Lord!

What the Bible says

I called to the LORD, and he heard me.

He heard my cries.

He lifted me out of the grave.

He lifted me from that muddy place.

He picked me up, put me on solid ground,
and kept my feet from slipping.

He put a new song in my mouth,
a song of praise to our God.

Many will see what he did and worship him.

They will put their trust in the LORD.

Psalm 40:1-3

I know how to live when I am poor
and when I have plenty.

I have learned the secret
of how to live through
any kind of situation –

when I have enough to eat

or when I am hungry,

when I have everything I need

or when I have nothing.

Christ is the one who gives me the strength

I need to do whatever I must do.

Philippians 4:12-13

Loneliness

Some people are very lonely.

They do not have to learn patience.

Nothing ever seems to happen,
so they are never in a hurry.

They always wait.

And no one ever seems to come.

Maybe you are like that.

Or maybe you are like that *now*.

You expected a lot of visitors,
but hardly anyone comes.

Even if some do come,
there are still so many hours
when you are alone.

And it hurts to be lonely.

It can hurt as much as the sickness does.

Even more!

God understands those hurts,
and He cares about them.

He wants to help you in your loneliness.

He wants you to know Him as a Friend.

You may still know times of loneliness,
but if God is your Friend,

you will never be alone.

What the Bible says

“The LORD will lead you,
He himself is with you.
He will not fail you or leave you.
Don't worry.
Don't be afraid!”

Deuteronomy 31:8

The Lord says, “If someone trusts me,
I will save them.
I will protect my followers
who call to me for help.
When my followers call to me,
I will answer them.
I will be with them when they are in trouble.
I will rescue them and honor them.
I will give my followers a long life
and show them my power to save.”

Psalm 91:14–16

“Don't worry – I am with you. Don't be afraid – I
am your God. I will make you strong and help you.
I will support you with my right hand that brings
victory.”

Isaiah 41:10



“I will still be carrying you
when you are old.
Your hair will turn gray,
and I will still carry you.
I made you,
and I will carry you to safety.”

Isaiah 46:4

Learning

Being sick is rarely enjoyable,
but it may give you an opportunity
to learn some precious new truths,
or to re-learn some old ones.

For example,
you may have forgotten
just how much you depend on God –
for everything!

Or perhaps
you were starting to take
your health and strength for granted.

Or you may have been neglecting
your relationships –
with family, friends,
and God.

Or you may simply not have taken time
to think about the purpose of your life.

Now you have the opportunity to think.

Illness can be a time for learning!

What the Bible says

My brothers and sisters, you will have many kinds of trouble. But this gives you a reason to be very happy. You know that when your faith is tested, you learn to be patient in suffering. If you let that patience work in you, the end result will be good. You will be mature and complete. You will be all that God wants you to be.

James 1:2–4

I know the thought of that is exciting, even if you must suffer through different kinds of troubles for a short time now. These troubles test your faith and prove that it is pure. And such faith is worth more than gold. Gold can be proved to be pure by fire, but gold will ruin. When your faith is proven to be pure, the result will be praise and glory and honor when Jesus Christ comes.

1 Peter 1:6–7

Confidence

Hope springs eternal
in the heart of the child of God.

Nothing is ever hopeless
when your way of living is committed
to your Heavenly Father.

God's power is unlimited;
His goodness is unmeasurable;
His mercy never ends.

No matter what news the day may bring,
you can accept it
with quiet confidence.

Nothing will ever happen to you
that is beyond
your Father's loving control.

Your Father
constantly watches over you.
Not one hair of your head
will fall to the ground
without Him knowing it!

Your confidence for the future
is built on an immovable foundation.

What the Bible says

Those who trust in the LORD
are like Mount Zion.

They will never be shaken.

They will continue forever.

Like the mountains that surround Jerusalem,
the LORD surrounds and protects his people
now and forever.

Psalm 125:1–2

[Jesus says,]

“When birds are sold, two small birds cost only a penny. But not even one of those little birds can die without your Father knowing it. God even knows how many hairs are on your head. So don’t be afraid. You are worth more than a whole flock of birds.”

Matthew 10:29–31



Christ is the one who gives
me the strength I need to
do whatever I must do.

Philippians 4:13

Healing

God has made you
in such a wonderful way
that your sick and tired body
often restores itself.

Sometimes God heals
through the use of medicine,
or surgery,
or special treatment.

Sometimes God heals you directly
in answer to prayer.

However it may happen
that you get well,
it is God who is the Great Physician.

So when you are well again,
give thanks to all who helped you
during your illness.

Remember to thank
the Great Physician, too!

And then use your healed body
joyfully
to serve the Lord!

What the Bible says

My soul, praise the LORD!
Every part of me, praise his holy
name!

My soul, praise the LORD
and never forget how kind he is!

He forgives all our sins
and heals all our sicknesses.

He saves us from the grave,
and he gives us love and
compassion.

He gives us plenty of good things.
He makes us young again,
like an eagle that grows new
feathers.

Psalm 103:1–5

He helps tired people be strong.

He gives power to those without it.

Young men get tired and need to rest.

Even young boys stumble and fall.

But those who trust in the LORD
will become strong again.

They will be like eagles that grow
new feathers.

They will run and not get weak.

They will walk and not get tired.

Isaiah 40:29–31

Comfort

Someone once wrote:

My only comfort
is that I am not my own,
but belong –
body and soul,
in life and in death –
to my faithful Savior
Jesus Christ.

If you belong to Jesus, no matter what
happens, you can be at peace.

Whether you get well quickly or slowly,
whether you get well completely
or only in part,
whether you get well at all,
you will have the comfort of
belonging to God and knowing His care.

God loves you.

He wants to talk to you and listen to
you – what a comfort!

Talk to Him today. Then read the Bible
to learn what He has to say to you.

What the Bible says

[Jesus says,]

“I leave you peace.

It is my own peace I give you.

I give you peace in a different way than the world does.

So don't be troubled. Don't be afraid.”

John 14:27

[Jesus says,]

“I have told you these things

so that you can have peace in me.

In this world you will have troubles.

But be brave!

I have defeated the world!”

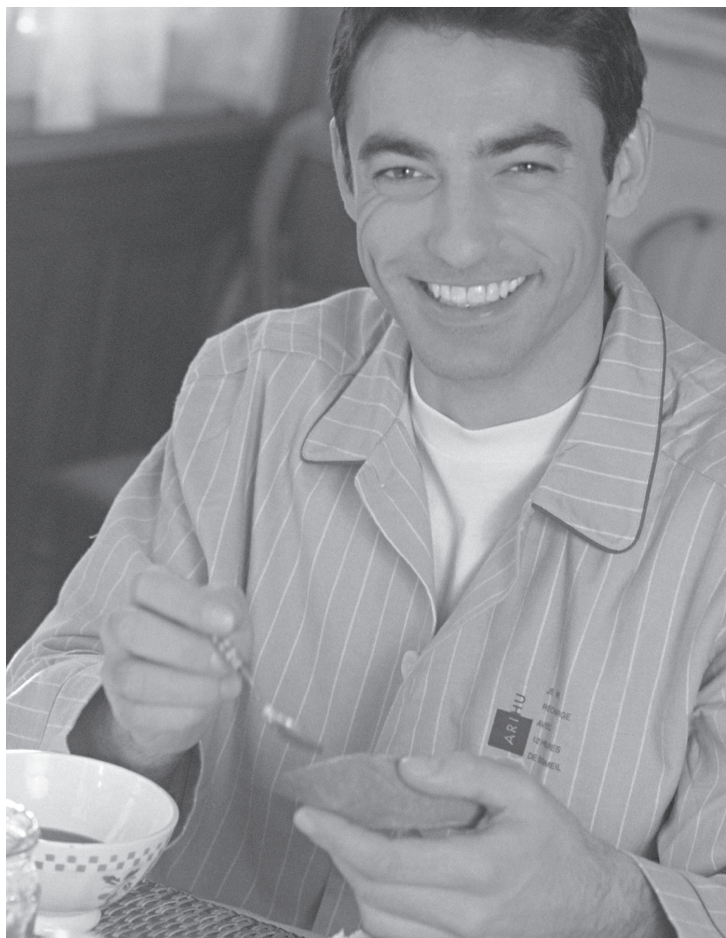
John 16:33

God, you give true peace

to people who depend on you,

to those who trust in you.

Isaiah 26:3



When I go to bed,
I sleep in peace,
because, LORD,
you keep me safe.

Psalm 4:8

Invitation

The comfort and peace described in these pages are offered to everyone who trusts in Jesus Christ. He takes care of His own and promises to stay close through all of life's ups and downs.

Here are four steps to begin or maintain a relationship with Jesus – not only during sickness, but also when health returns and life becomes busy again:

1. Read the Bible – every day!

God wrote the Bible for you. Spend time listening to what He has to say.

2. Talk to God – every day.

God is here, right now, ready to listen. Just tell Him what's on your mind.

3. Keep it up.

When you are not feeling well, it's difficult to read the Bible and pray. But try. God wants to share your pain and sorrows.

4. Let others know.

Sickness can bring growth if you use the time to nurture your relationship with God. And you can help others by sharing how talking and listening to God helped you.

What the Bible says

[Jesus says,]

“I assure you,
anyone who hears what I say
and believes in the one who sent me
has eternal life.

They will not be judged guilty.
They have already left death
and have entered into life.”

John 5:24

[Jesus says,]

“Come to me
all of you who are tired from the heavy
burden you have been forced to carry.
I will give you rest.”

Matthew 11:28

... They believed in him,
and he gave them the right
to become children of God.

John 1:12



But I trust
in your faithful love,
Lord.
I will be happy
when you save me.
Then I will sing to the LORD
because he was so good
to me.

Psalm 13:5-6