

WHO CARES WHEN I HURT

Help from the Bible



ERV  Easy-to-Read Version

We hope this booklet helps you in your relationship with God. When you have questions about life, God can be trusted to provide what you need and give you hope.

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ISBN 978-1-62826-502-6



P-ENG-65026

WHO CARES WHEN I HURT?

Help from the Bible

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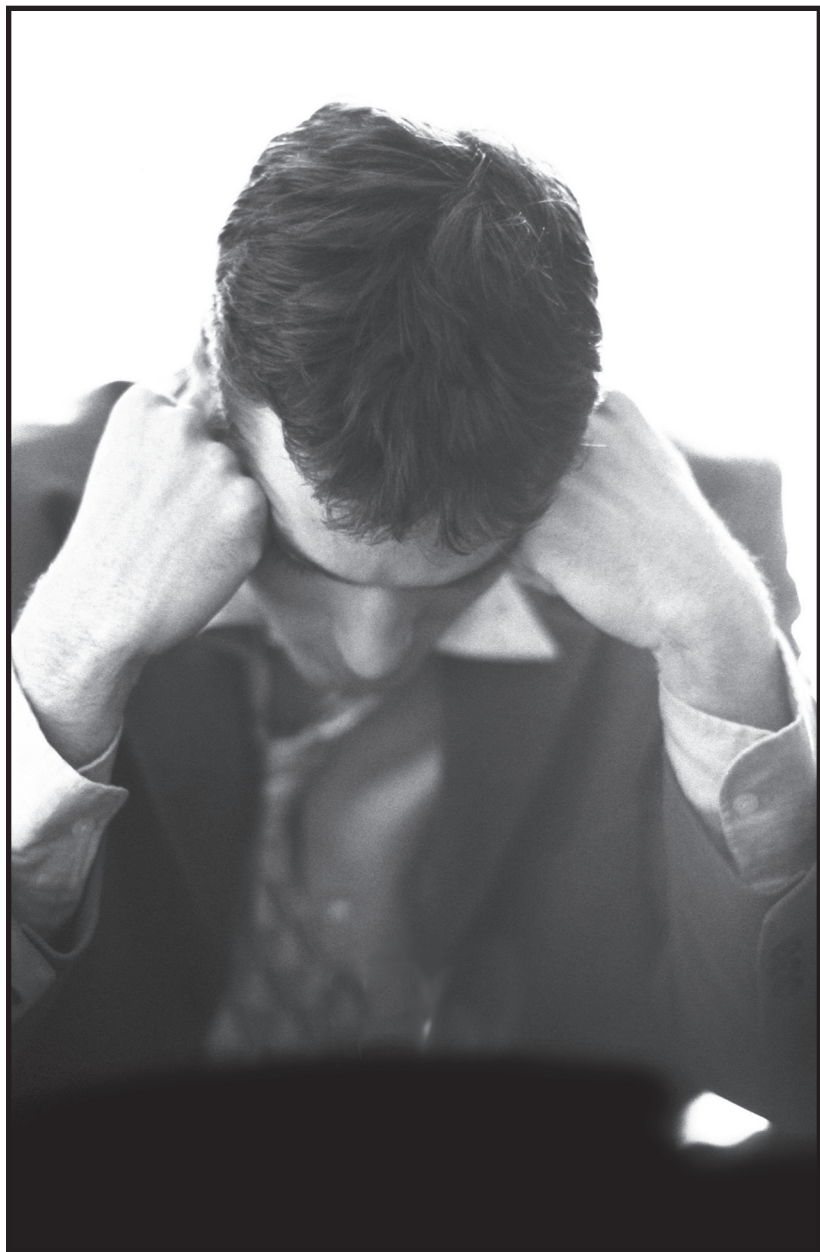
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P-ENG-65026: ISBN: 978-1-62826-502-6



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Hurts

Everyone hurts
at one time
or another.
Sometimes the hurts
are relatively minor
and tend to go away
by themselves.
But at other times
the hurts
are so intense
that we wonder
whether they will
ever go away.

God does not promise
that His children
will have no hurts
in this life.

But God wants you to know
that every hurt of yours
is of concern
to Him.

And He graciously
invites you
to give all your worries
to Him,
because HE cares
for YOU.

Discouragement

Most of us are realistic enough
to know that life
will never be totally free
from problems.

Accidents happen,
sickness comes,
mistakes are made,
things break down.
We all know that.

But at times it seems as if
almost everything goes wrong.
Nothing at all seems to go right.
We simply do not know
how we will ever get
on top of things again.
And we become
thoroughly discouraged.

God understands
our discouragement.
He knows why you feel
the way you do.
And He promises to be there
when you turn to Him for help.
Others may turn away from you
when things go wrong –
but God will never leave you
when you're down.

Hope from the Bible

Give your worries to the LORD,
and he will care for you.
He will never let those who are good be defeated.

Psalm 55:22

Why am I so sad?
Why am I so upset?
I tell myself, "Wait for God's help!
You will again have a chance to praise him,
your God, the one who will save you."

Psalm 43:5

[The LORD says,]
"... be strong and brave.
Don't be afraid,
because the LORD your God will be with you
wherever you go."

Joshua 1:9

LORD, you lifted me out of my troubles.
... so I will praise you.
LORD my God, I prayed to you,
and you healed me.

Psalm 30:1-2

Failure

Someone once said,
“It’s better to have tried and failed
than never to have tried at all.”

Is that true?

It surely does not always
seem that way.
Failure usually hurts,
and it often hurts a lot.

But failure by itself
is never the end of the road.
And failure in one thing
is surely not the end of you!

Your reaction to failure
often says far more about
the kind of person you are
than success does!

God can use failure
as the starting point
of a personal victory in your life
that could not come
in any other way.

Commit your failures to Him,
and trust Him to turn your failures
into victory!

Hope from the Bible

“I say this because I know the plans that I have for you.” This message is from the LORD. “I have good plans for you. I don’t plan to hurt you. I plan to give you hope and a good future. Then you will call my name. You will come to me and pray to me, and I will listen to you.

You will search for me, and when you search for me with all your heart, you will find me. ”

Jeremiah 29:11–13

Trust the LORD completely, and don’t depend on your own knowledge. With every step you take, think about what he wants, and he will help you go the right way.

Proverbs 3:5–6

The LORD shows us how we should live,
and he is pleased when he sees people living
that way.

If they stumble, they will not fall,
because the LORD reaches out to steady them.

Psalms 37:23–24

Loneliness

The burdens of our lives
are always easier to bear
if we can share them
with someone else who cares.

But sometimes it seems as if
there is no one with whom we can
share the deepest feelings
of our hearts.

No one seems to have
the time or the interest
to become involved in the things
which mean the most to us.

No one can be found
who seems to really understand
or care.

And then we know what it means
to be
lonely.

God understands that loneliness.
He wants to share those lonely hours
with us.

He promises that He will
never leave us
nor run away from us.

Hope from the Bible

Every time I call to you, God, you answer me.
So listen to me now, and hear what I say.

Psalm 17:6

[The LORD says,]

“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.”

Psalm 91:15

Maybe my mind and body will become weak,
but God is my source of strength.
He is mine forever!

Psalm 73:26

[Moses said to Joshua,]

“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



I love the LORD for hearing me,
for listening to my prayers.

Yes, he paid attention to me,
so I will always call to him
whenever I need help.

Death's ropes were around me.

The grave was closing in on me.

I was worried and afraid.

Then I called on the LORD's name.

I said, "LORD, save me!"

The LORD is good and merciful;
our God is so kind.

The LORD takes care of helpless
people.

I was without help,
and he saved me.

Psalms 116:1-6

Weariness

Sometimes we just don't have the energy
to do all that needs to be done.

We may be faced with
an important duty or job to carry out
or marvelous opportunity,
but we have barely enough strength
to go on.

We are weary,
totally weary.

At times we may need to rest
from working too much,
or get medical help
for a body that is not well.

But sometimes our energy
has been drained away
by a heavy cloud of sorrow
and despair.

God invites you to share what's troubling
you or making you tired with Him.
He gives us rest when we are weary
and strength when our heart is heavy.

Hope from the Bible

[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. Accept my teaching. Learn from me. I am gentle and humble in spirit. And you will be able to get some rest. Yes, the teaching that I ask you to accept is easy. The load I give you to carry is light.”

Matthew 11:28–30

[The LORD] 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

May the LORD make his people strong.
May the LORD bless his people with peace.

Psalms 29:11

Wondering

Do you ever wonder ... ?

*What would others think of me
if they knew
what I am really like
behind the mask I wear?*

*What would people say
if they could see
behind my pleasant smile
to the sadness in my heart?*

*How would they respond
if they knew the awful things
I sometimes think about?*

*Would anyone still want me as a friend
if all my worry, fear, and bitterness
were fully understood?*

Does anyone really know – or care?

God does!

God knows all about
the struggles of your life.
And God, who knows you best,
is the one
who loves you most!

Hope from the Bible

LORD, you have tested me,
so you know all about me.
You know when I sit down and when I get up.
You know my thoughts from far away.
You know where I go and where I lie down.
You know everything I do.

Psalm 139:1–3

Nothing in all the world can be hidden from God. He can clearly see all things. Everything is open before him. And to him we must explain the way we have lived.

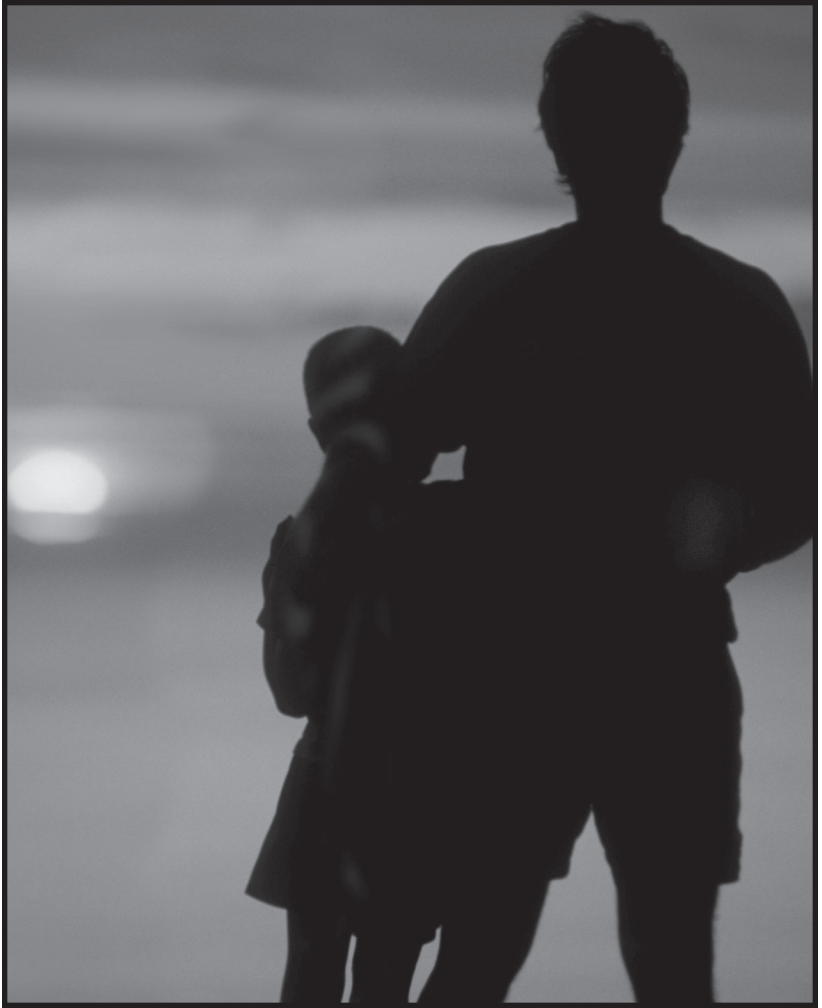
Hebrews 4:13

[God said to Samuel,]
“... God doesn’t look at what people see.
People judge by what is on the outside, but the LORD looks at the heart.”

1 Samuel 16:7a

The LORD is kind and merciful.
He is patient
and full of love.
He does not always criticize.
He does not stay angry with
us forever.
We sinned against him,
but he didn't give us the
punishment we deserved.
His love for his followers is
as high above us as heaven is
above the earth.

Psalm 103:8-11



Worry

There are so many things
that can go wrong in our lives
that we may be tempted
to spend much of each day
worrying about tomorrow.

It is possible for us
to lose our job
or have an accident
or fail in business
or lose a loved one
or get an incurable disease
or a thousand other things
that can fill our hearts with fear.

God understands
our concern about the future,
but He does not want us
to be filled with worry.

God promises
that He will be there tomorrow,
no matter what
tomorrow may bring.

Do not let your worries about tomorrow
rob you of the peace
God wants you to have
today.

Hope from the Bible

LORD, those who know your name
come to you for protection.
And when they come,
you do not leave them without help.

Psalm 9:10

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

[Jesus says,]

"Don't worry and say, 'What will we eat?' or
'What will we drink?' or 'What will we wear?' ...
What you should want most is God's kingdom
and doing what he wants you to do. Then he will
give you all these other things you need. "

Matthew 6:31-33

Hopelessness

When troubles and trials pile up
on top of one another,
and everything we have tried to do
ends up in failure and defeat,
life seems so hopeless.

When there does not seem to be
a single ray of light
to lead us to believe
that things will ever get better,
and there is nothing we can do
to change the situations
we have become mixed up in,
all hope seems gone.

Is it really hopeless?

No.

When your life is falling apart,
ask God to put the bits and pieces
of your life back together again.

The failures may still hurt,
and the troubles may not all go away,
but the future will not be hopeless.

With God all things are possible!

Hope from the Bible

LORD, I trust in you.
You are my God.
My life is in your hands.
Save me from those who are persecuting me.
Please welcome and accept your servant.
Be kind to me and save me.

Psalm 31:14-16

I went to the LORD for help, and he listened.
He saved me from all that I fear.

Psalm 34:4

The LORD watches over his followers,
those who wait for him to show his faithful love.

Psalm 33:18

Be strong and brave, all of you who are waiting
for the LORD'S help.

Psalm 31:24



With God we will gain the victory, and
he will trample down our enemies.

Psalm 108:13

Praise the Lord!

Every day he helps us with the loads
we must carry.

He is the God who saves us.

He is our God, the God who saves us.

My Lord God saves us from death.

Psalm 68:19-20

Temptation

It sometimes seems
that life is one chance after another
to say or do things that
briefly give us pleasure,
but that in the end do not express love for
God or other people – that's temptation!
As soon as one temptation is overcome,
another comes to take its place.
It never seems to end.

Doesn't the time ever come
when our struggle with temptation
is forever over?

No, that time never comes –
not in this life, at least.

God sometimes takes away the power
of a certain temptation
with which we long have struggled,
and that fills our hearts with joy!

But most often the struggle with temptation
goes on as long as we do.

God has promised to give us strength
to win a victory over every one of them.

There is a way of escape!

Hope from the Bible

The only temptations that you have are the same temptations that all people have. But you can trust God. He will not let you be tempted more than you can bear. But when you are tempted, God will also give you a way to escape that temptation. Then you will be able to endure it.

1 Corinthians 10:13

Jesus, our high priest, is able to understand our weaknesses. When Jesus lived on earth, he was tempted in every way. He was tempted in the same ways we are tempted, but he never sinned. 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 4:15-16

God is strong and can keep you from falling. He can bring you before his glory without any wrong in you and give you great joy....

Jude 24

Disappointment

Very few people
go through life
without some very hurtful
disappointments.

Not all who play a game
win it.

Not all who look for honor
find it.

Not all who strive for success
achieve it.

Not all who want to marry
do so.

Not all who do marry
live happily ever after.

When life does not turn out
the way we expected or
give us what we wanted,
our disappointment can be painful.

Disappointments can easily
make us bitter,
but if we ask God to help us
learn from them,
they can also make us better
than we ever were before.

Hope from the Bible

I always remember that the LORD is with me.
He is here, close by my side,
so nothing can defeat me.

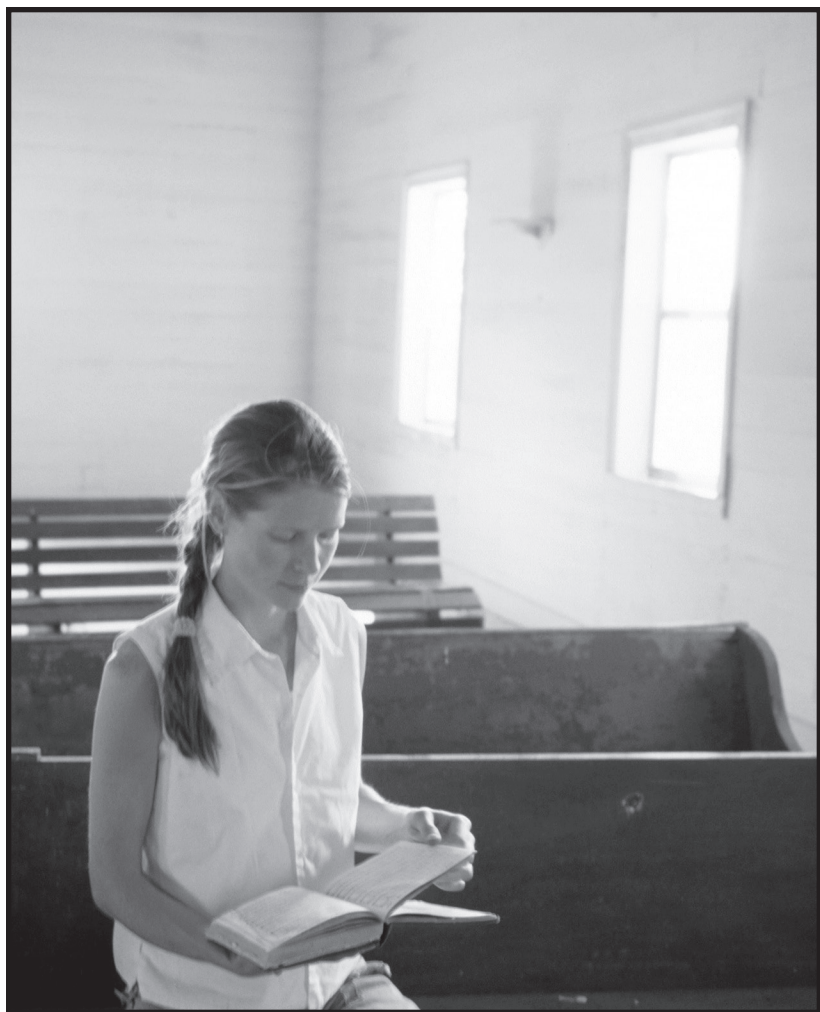
Psalm 16:8

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

We know that in everything God works for the good of those who love him....

Romans 8:28



Pray to the LORD,
and he will hear you.
He will save you from all
your troubles.

Psalm 34:17

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

1 Peter 5:7

Need

Those who have enough
of everything in life
can hardly understand
what it is like to be in need.

But God understands.

God understands how tiring it is
to struggle every day
to make ends meet,
to constantly get bills
you cannot pay,
to go without the clothes or food
most others take for granted,
to always have to wonder
how you will ever make it
through another week.

God has always had a special love
for those who are in need.

Bring your own needs before the Lord
in prayer,
and trust Him
to show you
His love.

Hope from the Bible

I know the LORD will provide justice for the poor
and will defend the helpless.

Psalm 140:12

Our king helps the poor who cry out to him –
those in need who have no one to help them.
He feels sorry for all who are weak and poor.
He protects their lives.

Psalm 72:12–13

LORD, we worship you,
so show your great love for us.

Psalm 33:22

My God will use his glorious riches to give
you everything you need. He will do this
through Christ Jesus.

Philippians 4:19

Guilt

A flash of temptation
in a moment of weakness
may have resulted
in a mountain of guilt for you.
If only you could live that hour
all over again,
everything
would be so different now.
But you can't.

The deed is done, and you are left
with a heavy load of guilt
that does not go away.

What can you do with guilt?
If you seek to deny it,
or try to hide it,
or lightly excuse it,
you will never know the freedom
that forgiveness brings.

But if you humbly tell God what
you did that was wrong,
and ask Him to forgive you
because Jesus' death paid the penalty for
all our sins.
Then, you will find a forgiveness
that will fill your mind
with peace and joy.
Your heavy load of guilt will be gone!

Hope from the Bible

Whoever hides their sins will not be successful, but whoever confesses their sins and stops doing wrong will receive mercy.

Proverbs 28:13

God, be merciful to me because of your faithful love. Because of your great compassion, erase all the wrongs I have done. Scrub away my guilt. Wash me clean from my sin.

Psalm 51:1–2

But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done.

1 John 1:9

[H]e has taken our sins as far away from us as the east is from the west.

Psalm 103:12



LORD, I prayed to you again and again,
but I did not talk about my sins.

So I only became weaker and more miserable.

Every day you made life harder for me.

I became like a dry land in the hot
summertime.

But then I decided to confess my sins to
the LORD.

I stopped hiding my guilt and told you about
my sins.

And you forgave them all!

Psalm 32:3-5

It is a great blessing when people are
forgiven for the wrongs they have done,
when their sins are erased.

It is a great blessing when the LORD says
they are not guilty,
when they don't try to hide their sins.

Psalm 32:1-2

Broken promises

When the promises of love
are first made to us,
our hearts overflow with joy.
We never dreamed such happiness
could ever be ours –
the warmth,
the acceptance,
the promise of a future
alive with excitement.
But when promises are broken,
the love vanishes,
the hope disappears,
and we feel empty and alone.

And we wonder in despair,
*What did I say
to bring about such change?
What did I do
to turn away such love?
Am I not worthy of another's love?
Am I no good at all?*

God hears
those cries of our broken hearts.
He promises to stay especially close to us
until our hearts are mended
and our wounds are healed.

Hope from the Bible

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

Psalm 34:18

[The LORD] heals their broken hearts
and bandages their wounds.

Psalm 147:3

The LORD has heard my request for mercy.
The LORD has accepted my prayer.

Psalm 6:9

But I really believe
that I will see the LORD'S goodness
before I die.

Wait for the LORD'S help.

Be strong
and brave,

and wait for the LORD'S help.

Psalm 27:13-14

You have let me see troubles
and hard times,
but you will give me new life;
you will lift me up
from this pit of death!
You will help me do even greater things.
You will comfort me again!

Psalms 71:20-21



Rejection

One of the worst feelings
we can ever have
is the feeling of rejection.

To feel that no one needs us or wants us
or really cares about us
hurts beyond words.

Rejection can come in so many forms:
a desire for friendship
met with contempt
a plea for understanding
refused
a longing for acceptance
misunderstood
a hope for recognition
never granted.

Why do others treat us as they do?
Don't they understand
how much it hurts to be rejected?

Perhaps not.
But God does.

If you come to Him in faith,
He will never turn you away,
and nothing will ever
separate you
from His love.

Hope from the Bible

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.

Psalms 40:1–3

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?... 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

God's love

Perhaps you did not know it,
but you are a very special person
in the sight of God.

God fully understands
the problems of your life.

He knows all
the hurts that you have had.

Your life is very precious to Him,
and every hurt of yours
is a concern to Him.

God's love and care for you
are so real and strong
that He sent His only Son
into this broken world
to share your deepest hurts
and bring you back to God.

What more could He have done
to show how much He cares?

Perhaps He has permitted
some of the hurts
to enter your life
so that you will turn to Him
and learn
just how much
He loves you.

Is your life open to His love?

Hope from the Bible

This is how we know what real love is: Jesus gave his life for us. So we should give our lives for each other as brothers and sisters.

1 John 3:16

The greatest love people can show is to die for their friends.

John 15:13

But Christ died for us while we were still sinners, and by this God showed how much he loves us.

Romans 5:8

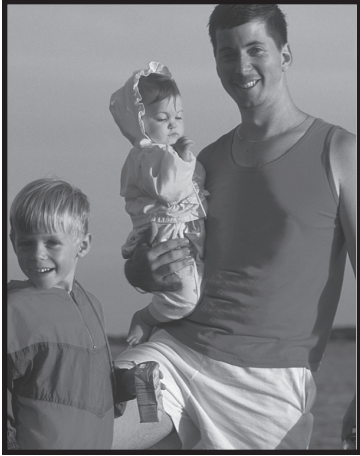
[Jesus says,]

“Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him would not be lost but have eternal life.”

John 3:16

The Father has loved us so much! This shows how much he loved us: We are called children of God. And we really are his children. But the people in the world don't understand that we are God's children, because they have not known him.

1 John 3:1



I will praise the LORD!
Let everyone praise his holy name
forever and ever!

Psalm 145:21

Your faithful love is higher
than the highest clouds in the sky!

Psalm 108:4

Continue to love those who really
know you,
and do good to those who are true
to you.

Psalm 36:10

God cares

The help and healing described in these pages are offered by God to all His friends. God's friends are those who talk and listen to Him every day.

This is easier than you might think! Here are four steps to get you started:

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 say what's on your mind.

3. Keep it up.

When you are hurting or discouraged, it can be difficult to read the Bible and pray. But try. God wants to share your pains and sorrows.

4. Let others know.

Painful experiences can bring growth if you use them to nurture your relationship with God. And you'll heal and grow even more when you share with others how talking and listening to God helped you.

Hope from the Bible

We can come to God with no doubts.
This means that when we ask God for things
(and those things agree with what God wants
for us),
God cares about what we say.
He listens to us every time we ask him.
So we know that he gives us
whatever we ask from him.

1 John 5:14–15

So what should we say about this? If God is
for us, no one can stand against us. And God
is with us. He even let his own Son suffer for
us. God gave his Son for all of us. So now with
Jesus, God will surely give us all things.

Romans 8:31–32

