

BRINGING MY PAIN INTO GOD'S CARE

A Free Companion Worksheet from Living Christianly

Companion Reflection: Healing in the Arms of a Loving God and Father

This worksheet will help you notice how you respond when hurting, explore feelings of being alone, and make a small plan for bringing your pain to God. Complete one section at a time. You may skip a question, return later, or write “I am not sure yet.”

Name or initials: _____ Date: _____

1 Notice How I Pull Away

Choose one recent, manageable experience of hurt or disappointment. Use that same experience as you answer the next two questions.

What happened? Briefly describe the situation.

What did you do afterward? Describe your response, such as going quiet, seeking support, or staying busy.

Recognize a pattern

Check any responses below that you recognize in yourself, whether in this experience or at other times. There are no right or wrong answers.

- ☐ Say I am fine while wishing someone would notice my pain.
- ☐ Ignore messages, cancel plans, or avoid people.
- ☐ Stay busy, scroll, or work to avoid painful feelings.
- ☐ Care for others while hiding my own need for comfort.
- ☐ Try to solve everything before allowing anyone to help.
- ☐ Assume others will not understand, care, or stay.
- ☐ Avoid prayer when ashamed, angry, or disappointed.
- ☐ Pray about circumstances but leave my feelings unspoken.
- ☐ Wait until I feel stronger or more deserving to approach God.

BRINGING MY PAIN INTO GOD'S CARE Soul Care Companion Worksheet

Another response I recognize:

Being alone can provide needed rest. The next section will help you consider whether your response helps you recover or leaves you cut off from care.

2 Understand What My Response Is Doing

Choose one response you checked on page 1. Write what it helps you manage in the moment and how you feel afterward. It may help briefly while leaving you lonely later.

My response when hurting	What it helps me avoid or manage	How I feel afterward
Example: I say I am fine.	I avoid the fear of being dismissed.	I feel relieved briefly, then lonely.
My response:	What it does for me:	What I notice afterward:

Name the feelings underneath

Check what you felt during your chosen experience. Add your own words if needed.

- ☐ Sad ☐ Afraid ☐ Forgotten ☐ Unwanted ☐ Ashamed
☐ Angry ☐ Numb ☐ Exhausted ☐ Like a burden ☐ Misunderstood

My own words: _____

What was hardest about being alone in that moment? Name what you wished someone understood or offered.

Understand what I learned about needing care

When you needed comfort earlier in life, how did others respond? Describe a pattern without giving painful details.

BRINGING MY PAIN INTO GOD'S CARE
Soul Care Companion Worksheet

What did those experiences teach you about asking for care? For example: “My needs are too much” or “I have to manage alone.”

If you told someone you were hurting now, what response would you fear?

What care would help today? Name one need, such as listening, prayer, or company.

3 Explore What I Expect From God

Our experiences with people can influence what we expect from God. This exercise helps you compare those expectations with what Scripture reveals about Him. You do not have to force yourself to feel reassured.

When you think of bringing your pain to God, what do you expect Him to do? Describe your expectation and any feeling that comes with it.

Read and reflect

Choose one passage below and read it in your Bible or the companion article. Check the passage you read. These summaries give you a place to begin.

- ☐ Isaiah 49:14–16 — God answers His people’s fear of being forgotten.
- ☐ Isaiah 40:11 — The shepherd gathers and carries the lambs close.
- ☐ Isaiah 66:13 — God promises comfort with a mother’s tenderness.
- ☐ Psalm 103:13–14 — The Lord has compassion and knows our frailty.
- ☐ Psalm 131:2 — The psalmist pictures quiet trust as a child at rest.

BRINGING MY PAIN INTO GOD'S CARE Soul Care Companion Worksheet

Complete the table for the passage you chose. In the last column, write a truth you want to return to; you do not have to claim that you already feel it.

What I tend to expect	What my passage reveals about God	A truth I want to remember
<i>Example: God will dismiss my need for comfort.</i>	<i>Isaiah 40:11 pictures Him carrying the lambs close.</i>	<i>I can bring Him my need for care.</i>
My expectation:	Passage and what it reveals:	What I want to remember:

What feels difficult to trust in this passage? Name a question or concern you want to bring to God, rather than trying to resolve it here.

If the passage feels hard to understand, you can discuss it with a trusted pastor, mature Christian, or counselor who respects your questions.

4 Begin an Honest Conversation With God

Use these prompts to write a simple prayer in your own words. A sentence or a few words is enough. You can speak your answers aloud instead, and you may leave a prompt blank.

Father, what hurts today is...

Name the pain or situation you want to bring to Him.

BRINGING MY PAIN INTO GOD'S CARE
Soul Care Companion Worksheet

What I have found hard to tell You is...

Name any anger, disappointment, fear, shame, or question you have held back.

The comfort or help I am asking for is...

Tell Him what you need, even if you do not know how that need will be met.

As I learn to trust You, help me...

Name one area where you want His help, such as praying honestly or accepting care.

Choose one way to practice connection

Check one practice you would like to try this week. You will put it into a small, specific plan on the next page.

- ☐ Tell God honestly what hurts, without editing my feelings first.
- ☐ Read my chosen passage slowly and turn one thought into a prayer.
- ☐ Sit quietly with God without requiring an immediate answer or feeling.
- ☐ Listen to a worship song that helps me express what I cannot yet say.

Another practice I would like to try:

Feeling distant does not mean you must wait to approach Him. This is an invitation to practice honesty and connection, not a test of how much you feel.

BRINGING MY PAIN INTO GOD'S CARE
Soul Care Companion Worksheet

5 Make a Small Plan for the Next Seven Days

Choose one sign that you are pulling away, then one step toward connection. The middle column is a reminder to use in the moment; you do not need to predict what you will feel.

A sign I am pulling away	What I will pause to ask myself	One small step toward connection
<i>Example: I say I am fine when hurting.</i>	<i>What am I feeling, and what do I need?</i>	<i>Tell God what hurts in a brief, honest prayer.</i>
My sign:	What am I feeling, and what do I need?	My step:

When or where will you practice your step? Choose a realistic time or cue, such as after dinner or when you notice yourself avoiding prayer.

Make room for care from someone trustworthy

God's care can also reach us through healthy relationships. If you want support from another person, choose someone who has shown consistency and respect for your boundaries.

Who could you approach, and what specific help could you ask for?

For example: "Could you listen for a few minutes?" or "Would you pray with me?"

What might make your planned step difficult, and what could help? Name one likely obstacle and one way to make the step easier.

BRINGING MY PAIN INTO GOD'S CARE
Soul Care Companion Worksheet

6 Return After Trying My Step

Complete the questions below after you try your plan. If you have not tried it yet, leave them blank and return later.

What step did you try, and what did you notice? You can describe relief, discomfort, continued sadness, or any other response.

Did you notice a moment of care—from God’s Word, prayer, another person, or elsewhere? Describe it, or write “I did not notice one yet.”

What small step would you like to repeat or adjust next? Explain what you want to keep or change.

Go at your own pace. If these exercises bring up more than you can manage alone, pause and seek support from a qualified mental health professional. Visit www.InTouchMindHealth.com