

HE'S NEVER ABSENT, WE'RE NEVER ALONE:

5 Ways
Jesus Meets
Us in the
Middle of
Our Worst
Days



Hi friend,

Have you ever cried over something so much that you truly feel like you've run out of tears? Your eyes are swollen and red while a current of unrest still rages through your soul. And you look up toward heaven in utter confusion ... "Jesus, why aren't You doing *something*?"

*Why aren't You answering my prayer?
Why aren't You intervening in this hopeless situation?
Why are You allowing this to happen?
Why?*

Me too. I can totally relate. But as I've wrestled through my own questions, I've also been studying the life of Jesus. And I'm learning a lot.

How He reacted when people hurt Him deeply ...
How He handled the whiplash of being loved one minute and tossed aside the next ...
How He stayed peaceful but also sometimes got overwhelmed with sorrow ...
How He knew Judas would betray Him, and He washed his feet anyhow ...

When I desperately want to know why, I can remember this: Jesus had all the answers and He still wept.

So maybe having all those answers to my "why" questions wouldn't be as comforting as I always thought it would be. Maybe not understanding is the very thing actually growing our faith. Maybe being too full of answers is what slows our faith.

When we're in the middle of one of our worst days, it's easy to say, "Today would be a really good day for Jesus to come back." But in reality, He's already here, right now. Yes, He will return as the victorious King in physical form one day. But for today, He's here.

He is in the business of bringing great things to life from less-than situations. Miraculous things from the mundane. Powerful things from what looks like weakness. Redeemed things from what seemed like nothing but a loss. And in the end, when we go through stuff, even the most heartbreaking of circumstances, it's an opportunity to encounter Jesus and be the purest reflection of Jesus.

Friend, remember these truth-filled words when you're struggling to see Jesus in your situation today. Yes, even on our worst days, He is here. He's never been absent. And we've never been left alone.

Love,



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1. EVEN WHEN we can't see His activity or discern *what He's doing*, Jesus is **CONSTANTLY** *working on our behalf*.

“So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.” (2 Corinthians 4:18, NIV)

“... My Father is always at his work to this very day, and I too am working.” (John 5:17, NIV)

We don't serve a “do nothing” God. God is always doing something. Our vision of this may be blurred by factors such as trauma, relationship complications, betrayal, abandonment, financial hardships, fear, anxiety about world events, and our own skepticism. But God is building something we cannot even begin to fathom, much less see. Jesus is all around us, providing for us on a daily basis. We can trust with certainty that whatever He gives us today truly is His good and perfect provision for right now. Jesus is faithfully with us in all of our needs. We are cared for. And we can take comfort in the fact that this will never change.

NOW, READ THIS PRAYER OVER YOURSELF:

God, when I'm struggling to see progress in the difficult things I'm processing and the heavy things I'm carrying, remind me of this truth: You are always working. You are never doing nothing. Even when I don't see tangible movement or change, I will choose to remember You're always working on my behalf. I know You aren't finished with me yet. In Jesus' Name, Amen.

2. EVEN WHEN our prayers *feel unheard*, Jesus is **ALWAYS** *listening*.

“For the eyes of the Lord are on the righteous and his ears are attentive to their prayer ...”
(1 Peter 3:12, NIV)

“And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”
(1 John 5:15, NIV)

Jesus is not a distracted king letting the world fall apart while He stands as an inactive bystander. Jesus wants us to see Him as the solution and to experience His presence and His kindness even in all that we're facing right now. And that begins with remembering that not one prayer goes unheard by God. He isn't intimidated by our prayers or our questions. He may not have caused everything we're going through, but He will be so very present with us in the middle of it all.



NOW, READ THIS PRAYER OVER YOURSELF:

Lord, thank You for who Jesus is ... He who deeply understands how hard it can be to process fear inside these frail, hurting, human hearts of ours. Thank You for the truth that, when I'm praying, You hear me. Because Jesus has overcome the world, I know You'll help me overcome what I'm facing today. I love You, Lord. In Jesus' Name, Amen.

3. EVEN WHEN *we feel isolated and unseen* in our pain, we can find *comfort* in the TRUTH that Jesus understands *this personally*.

"For this reason he had to be made like them, fully human in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people." (Hebrews 2:17, NIV)

"My soul is overwhelmed with sorrow to the point of death,' he said to them. 'Stay here and keep watch.' Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 'Abba, Father,' he said, 'everything is possible for you. Take this cup from me. Yet not what I will, but what you will.'" (Mark 14:34-36, NIV)

Sometimes when I'm walking through something hard, I can start to get this perception that God is somehow far removed and distant. And even if I think He is there with me, I usually don't think to myself, "Wow, the Lord really understands what it feels like to be me." I can just so easily forget that the intensity of human emotion and human sorrow is deeply felt by God. We can trust in Jesus because He's the Savior of the world but also because He knows what it is like to be human. He was without sin but not without heartbreak. When we remember God has experienced pain Himself, we can rest assured He will have compassion for us in the middle of our own pain.

NOW, READ THIS PRAYER OVER YOURSELF:

Father God, I thank You today for sending Your Son, Jesus. He is not only the perfect Savior King who paved the way for me to have a relationship with You, but He is also our sympathetic High Priest who completely understands brokenness and weakness and hurt. Please comfort my heart today as I remember I'm held by a Savior who understands the complexities of what it means to be so very human. When I feel alone, help me see Your hand in even the smallest of things. In Jesus' Name, Amen.

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4. EVEN WHEN we see absolutely no present *change* or *intervention*, Jesus is *orchestrating eventual GOOD*.

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (Romans 8:28, NIV)

“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” (2 Corinthians 4:17, NIV)

Good is where God leads us. Even when what we’re experiencing right now doesn’t feel good, we can trust that, no matter what, God never derails from His plan of eventual good ... in His way, in His timing. There may be situations, circumstances, diagnoses and outcomes that don’t reveal any evidence of His plan in the moment, but the truth is that God’s story for us never just stops at a dead end. Jesus not only knows the future, but He assures us today and holds eternity. Jesus leads us today with a confident knowing of exactly how all of our tomorrows will play out.

NOW, READ THIS PRAYER OVER YOURSELF:

Jesus, thank You for all the ways You’re orchestrating eventual good on my behalf without me even knowing. I pray today that I would fix my eyes on things above, remembering there is so much more going on behind the scenes than I could ever know, and heaven is, in fact, in sight. Give me vision and purpose for today with eternity in mind. I trust You with everything in me. In Jesus’ Name, Amen.

5. EVEN WHEN our tears never seem to stop, we can *grow closer* to Jesus by **REMEMBERING** He, too, felt *brokenness to the point of tears*.

“Jesus wept.” (John 11:35, NIV)

“Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.” (John 16:20, NIV)

Friend, I want to bear witness to your pain today and say that whatever you are believing God for, I am believing for it with you. He hears you and sees you and is absolutely moved by your tears. Every single tear you’ve shed, in private or public, has not gone unnoticed by Him. The miracle He offers us



sometimes does not change our circumstances or bring us the answers we desperately want, but He does promise to remain near to us and to continue working in us. And that is still a divine miracle I'm so very thankful for.

NOW, READ THIS PRAYER OVER YOURSELF:

Father God, as I'm reflecting on the life of Jesus today, I feel so understood when I remember He, too, wept. I pray that I would feel His compassion toward me as I process my own hurts, questions and tears. When I'm walking through even my worst days, give me courage to continue to pursue a relationship with Jesus. When the tears never seem to stop, remind me that I am a lot more like Jesus in those moments than I thought. This may be a hard time ... but it will also be a holy time. In Jesus' Name, Amen.

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