



# Finding God in Our Pain

*In every pain, God brings healing and hope.*

## Psalm 34:18 NKJV

The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

## Introduction

Today, we're addressing a topic that resonates with all of us: emotional pain. **Life often leaves us wounded**—through broken relationships, grief, and the weight of anxiety. These emotional scars can run deep, often hidden from view, and we may feel alone in our struggles.

But here's the good news: **God sees every hurt, every sorrow, and He cares deeply for each of us.** But our hope is that **"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit."** Consider David's experience in 1 Samuel 21: 1–15, David, fleeing from King Saul who wants to kill him, seeks refuge with King Achish of Gath (a Philistine ruler). However, the servants of Achish recognize David and recall his reputation as a victorious warrior, famously celebrated for "slaying ten thousands." Realizing he is in danger and fearful of Achish, David pretends to be insane by scratching on doors and letting saliva run down his beard. His act convinces Achish that he is merely a madman, leading the king to dismiss him instead of seeing him as a threat. This clever deception allows David to escape unharmed.

Psalm 34 can be seen as David's testimony, declaring that God is close to those in distress and rescues the humble. His personal encounter with God's faithfulness during his time of need provided the inspiration to encourage others through the psalm.

## Acknowledge Emotional Pain Honestly

1. **Recognizing Reality:** Acknowledging emotional pain allows individuals to validate their feelings, affirming that their struggles are real and significant. **"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit."** (Psalm 34:18, NKJV)

2. **Self-Discovery:** Acknowledging emotional pain leads to greater self-awareness. “Search me, O God, and know my heart; try me, and know my anxieties.” (Psalm 139:23, NKJV)
3. **Breaking the Stigma:** Openly discussing emotional pain can help break the stigma associated with mental health issues. “Bear one another’s burdens, and so fulfill the law of Christ.” (Galatians 6:2, NKJV)
4. **Facing the Pain:** Confronting emotional pain allows for healing to begin. “He heals the brokenhearted and binds up their wounds.” (Psalm 147:3, NKJV)
5. **Opening the Pathways for God’s Work:** Acknowledgment creates space for God to work in one’s life. “Come to Me, all you who labor and are heavy laden, and I will give you rest.” (Matthew 11:28, NKJV)
6. **Building Relationships:** Sharing emotional pain fosters vulnerability and strengthens relationships. “Confess your trespasses to one another, and pray for one another, that you may be healed.” (James 5:16, NKJV)
7. **Encouraging Others:** Sharing their journey through pain can inspire others who are struggling. “And they overcame him by the blood of the Lamb and by the word of their testimony.” (Revelation 12:11, NKJV)

## Prayer Points

1. **Seeking Validation and Healing:** Acknowledging our emotional pain and seeking God’s validation and healing.
2. **Acknowledgment of Pain:** Pray for the courage to recognize and express any emotional pain or struggles you may be experiencing.
3. **Seeking Healing:** Ask God for healing in areas of emotional hurt and brokenness.
4. **Receiving Comfort:** Pray for the comfort of the Holy Spirit during times of distress.
5. **Prayer for Others:** Pray for those in your life who may be struggling with their own emotional pain.