

God Can Heal Your Hurt

Psalm 119:76,77; 2 Corinthians 1:3-6

Many parents become nothing short of experts at first aid when their children encounter the bumps, bruises, cuts, and scrapes of growing up. A bandage here, some antibiotic ointment there, a hug and kiss and life is all better again. As adults we often find similar responses to external pains, as we gain sympathy from others when we're hurting physically. It's another matter, however, when the pain is on the inside, pain such as is caused by a broken relationship.

Internal pain cannot be bandaged like a cut or scrape; and internal pain usually isn't even noticed by others unless we cry out in emotional distress. The pain, however, is real and may be even more debilitating than physical suffering.

The author of Psalm 119 knew about internal suffering. Listen to his heartfelt words in verses 76 and 77...

**May your unfailing love be my comfort, according to your promise to your servant.
Let your compassion come to me that I may live.**

Contained in this expression is the comfort the Psalmist experienced through God's love and compassion. Perhaps it kept him from the temptation to give up on life itself. Knowing that God's love is constant and never changing can be a tremendous source of encouragement to us regardless of how deeply we may hurt.

Paul, too, knew of God's help in times of pain, declaring God to be the "Father of compassion and the God of all comfort, who comforts us in all our troubles" (2 Corinthians 1:3,4). Just as there is no relationship too broken for God to mend where hearts are willing, there is no hurt too deep for Him to heal when mending doesn't happen.

God understands the hurt you're feeling. He knows the pain of broken relationships. In your pain He will be the God of all comfort who can bring healing and peace.

Why is it sometimes so much harder to deal with pain that's not physical?

Why is it important to understand that God's love for us is constant and unchanging?