

When Someone is Hurting

Scripture: Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ~ Psalm 23:4

Memo: In order to understand today's lesson, please read Ii Samuel 1:1-12

When David came back from his battle with the Amalekites, he received bad news. The Philistines had attacked Saul's army on the mountains. The fighting was insane and in the chaos of battle, an arrow hit and wounded Saul. Because of being hit and wounded, Saul decided to kill himself by falling on his own sword so not to die at the hands of the enemy. However, Saul was not the only casualty. David's best friend Jonathan died as well. When David heard about their deaths, he ripped his clothes and wept all evening long. He was hurting. He lost his friend. He needed someone to come be an encouragement to him. Therefore, how can we comfort someone when they have tragedy strike or lose someone they care deeply for?

You may feel awkward or uneasy at first trying to console someone who is hurting. It probably seems like NOT the time or place to talk about everyday things. When you meet your friend, you need not try to look or feel as sad as she does, but rather show your genuine care. Sometimes the best help is not talking much, but rather sit quietly with your friend and just let them know you are there and do care. It is then that they will feel your love even though you may not seem to be doing much. If your friend would like to talk, maybe get them to share about memories they had or what made the person so special to them. Share your story of a time when you were really sad. Tell them that God loves them very much and feels sad as well. Encourage them to talk to God because He will always be available even when you are not. If they don't feel like praying, you could ask if it would be okay to say a prayer instead. Pray that God will help them feel His love, and thank Him for the hope we have of being together one day in Heaven.

Prayer: Lord, help me be a friend to those who are hurting. Let me be a light and encouragement to them in their time of need. In Jesus name, Amen!

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