



## WHEN PAIN IS A BLESSING

December 2021

*Blessed are those who mourn,  
for they will be comforted.*

Matthew 5:4

Emotional pain brings misery. At times the distress becomes so bad that we wonder how we could possibly escape it. We badly want relief.

But look at Jesus' words above: We are blessed when we mourn. Because when we mourn we will be comforted.

Can you see how that's true?

Look at the child in the picture. Can you remember being a child like that? Needing her mother in the midst of sadness? How did it feel to be comforted at such a time?

Maybe you don't remember such a mother's care. Or maybe the memory of it was lost long ago and you wish to have it back. You long for the comfort of having all the unhappiness that's welled up inside you released into the loving care of a kind person.

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But don't forget that we do have someone compassionate to care for us in times of sorrow. We have a God who cares more than we could ever imagine. He will give us all the love we need.

Consider these questions:

- If we were to live our lives without sadness, would we need God as much?
- Would we sense the depth of His love if He weren't reaching for us to hold us close in our sadness?
- Wouldn't we be missing out if we didn't occasionally experience Christ lovingly join us in our suffering? We could not possibly be closer to Him than during times of suffering, because He knows full well what we're feeling.

Yes, if we expectantly reach our arms out to Jesus we *will* be blessed when we mourn.

Do you, like many, have trouble finding God while going through depression or other emotional pain? If you can, find a godly person who might be a friend to you at a time like this. Try reaching out to such a person, someone through whom God might comfort you. God's love most often comes to us through His people.

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