

One- Minute Promises *of* Comfort

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For Those Who Hurt



Suffering has a way of bringing both confusion and clarity to our lives. It is in the cold winter storms of affliction that we become disoriented, unsure of what to do or where to go. Our hearts ache for the warm rays of God's comfort and assurance, and we struggle with the deeper questions of life: *Why me? What did I do to deserve this? Why hasn't God answered my cry for help?*

As we become focused on our pain, all else becomes insignificant by comparison. Suddenly the everyday pursuits of life lose their attraction. We realize the treasures of this world are meaningless and unfulfilling. We now long for the simplest things—peace, joy, and rest. That is, the things only God can give us.

Affliction drives us into the waiting arms of our heavenly Father like nothing else does. Desperate to escape the howling winds around us, we seek shelter with Him. It is at times like this we are most willing to listen to Him, most ready to hear what He has to say.

You'll find His tender words of encouragement all through this book—words of love, of compassion, and of comfort. These words appear in the form of promises you can cling to in your moments of difficulty.

Read on, and get to know the promises from the One who is called the God of All Comfort. And let Him renew you, lift you up, and fill you with hope.

Help When You Are Helpless

*When God lays men on their backs,
then they look up to heaven.*

THOMAS WATSON

The Ultimate Helper

I will lift up my eyes to the hills—from whence comes my help? My help comes from the LORD, who made heaven and earth.

PSALM 121:1-2



Where do you look when you need help? Is your first instinct to look up to your heavenly Father...and to *continue* looking to Him all through your difficult circumstance?

When problems come our way, they usually come with the temptation to resolve them through human strength rather than divine. Or if God doesn't help us quickly enough or in the way we want Him to, we question Him. Or we give up and sink into despair.

Yet God truly is our only hope. There is no one more powerful than Him. No one more efficient. No one more wise. No one more faithful. No one more loving. No one can outdo God when it comes to help.

And His help is never too little or too late. We may not understand His ways or His timing. But we *can* trust Him who made heaven and earth. He who *made* all can *do* all.

Look to Him alone, and help will come.

Counting on Him

I will strengthen you, yes, I will help you.

ISAIAH 41:20



How will I ever get through this?

That's the question we often ask ourselves when faced with a trial that overwhelms us. We become discouraged to the point of resignation or despondency. We feel like giving up because we are unable to see any glimmer of hope.

From our earthly perspective, a problem may look like Mount Everest. But from God's heavenly perspective, it's not even a grain of sand. There is no difficulty that can challenge His strength. He is the omnipotent One, the all-powerful One. And He promises, "I will strengthen you, yes, I will help you."

That which exhausts you to nothingness is nothing to God. When you wait and lean upon Him, He will give you unexpected strength. He who has proven Himself by helping you in the past will not cease to help you in the future. God didn't say, "I *might* help you." He said, "I *will*."

Yes, you can count on Him.

Nothing Too Hard for God

Behold, I am the LORD, the God of all flesh. Is there anything too hard for Me?

JEREMIAH 32:27



If God can help the most wretched of sufferers, then He can help us.

In the Bible, a supreme example of one who suffered is Job. In one day, he lost all his livestock, most of his servants, and all his children. Then he was afflicted with terrible sores all over his body. And instead of gaining sympathy from his wife and friends, he received harsh criticism. Yet with God's help, Job persevered, and was blessed abundantly in the end.

The apostle Paul also suffered greatly: "Five times I received forty stripes minus one. Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep...in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness" (2 Corinthians 11:24-25,27).

It was with God's help that Job and Paul were able to endure such severe trials, and it is with God's help that we can do the same. Our God is a mighty God, and no trial is too great for Him to handle.

The Certainty of Deliverance

He will deliver the needy when he cries, the poor also, and him who has no helper.

PSALM 72:12



When you have no other resource, no other helper, when all else has failed, you can depend wholly upon God. His help is not just a possibility, but an absolute certainty.

Frequently when problems arise, we try to handle them on our own at first. With determination we try to extinguish a small blaze, only to see it turn into a horrific inferno. Why don't we go to our heavenly Father in the first place? Won't His help always be the best we can get? Isn't there wisdom in seeking the One who has already planned our days, and who alone knows exactly what we need today so we are ready for tomorrow?

When we run to God with our plea, let's set aside any expectations about how deliverance will come. God's plans are often different than ours, but they are always better.

You who are needy, go to Him who has everything. You who are poor, go to Him who is rich. You who have no helper, seek Him who is more than able!

Help in the Day of Trouble

Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.

PSALM 50:15



In our moments of despair, Satan wants very much to convince us there is no hope and that God has surely forgotten us. He wants to drive the wedge of doubt between us and God so we might stop seeking, stop believing, and stop trusting.

Yet in Psalm 50:15, God *commands* us to cry out to Him for help. His deliverance may not come immediately, but it will come. And note that God does not say, “I *might* deliver you,” but rather, “I *will* deliver you.”

Scripture affirms again and again that God keeps His promises. If you are His child, then this promise applies to you too. It is a promise you can cling to without fear of disappointment, an anchor you can hold firm to no matter how rough the seas of life become.

God does not lack the power to help you. Call upon Him, and He will save you. And when He does, remember to thank and glorify Him.