



Worksheet

General Suffering

HOW DO WE HELP SOMEONE WHO'S SUFFERING?

Walking with someone through a season of suffering gives us an opportunity to show Christ's love to them in a difficult time. We may walk alongside a suffering person in a variety of ways, providing comfort to their emotional, physical, and spiritual needs. A Loved Bible can be a tool to show you care.

This worksheet will guide you as you love a Bible for someone in a season of suffering. There may be other worksheets that addresses a specific type of suffering like grief or walking alongside someone with cancer that you can also reference. We've provided Scripture verses and quotes to communicate the theme that God is with those who suffer, and will not leave them during this difficult journey!

Haggai 1:12-15

"Where is hope to be found? In five life-altering words: "I am with you always." Paul David Tripp, New Morning Mercies

Psalms 27: 1

"To be David's light, salvation, and stronghold, the Lord must be near." Paul David Tripp, Suffering

Joshua 1:5

"In your suffering, with so many things to worry about, you don't have to waste your spiritual and emotional energy on the fear that you will be forsake by the One who has the power to do for you what no one else can. He is in you, he is with you, he is for you, and he will never leave." Paul David Tripp, Suffering

Psalms 98:3

"God is faithful" & "God never forgets his people. Even when it seems like the world is caving in around you, you don't ever have to wonder if God has forgotten you. God is faithful, which means he hears you in your groaning, he sees you in your suffering. He knows you and he loves you, and he doesn't ever forget you." Christ-Centered Exposition, Psalms vol. 2

Isaiah 43:2

"We must recognize, depend on, speak with, and believe in God while in the fire. God himself says in Isaiah 43 that he will be with us, walking beside us in the fire. Knowing him personally while in our affliction is the key to becoming stronger rather than weaker in it." Timothy Keller, *Walking with God through Pain and Suffering*

Isaiah 40:27-31

"God knows we're anxious. And God knows why. The answer isn't to pretend that the bad news of the world isn't quite so bad. The answer is to remember that even in the midst of bad news, we have a God who is gracious and merciful, near to the broken-hearted, and always available to those who call on him." *New Troubles Are Met With New Mercies*, JD Greear

Matthew 6:6-8

"The Lord wants us to cry out to him. He delights to hear our voice and the needs we have. He longs to be the first one we turn to when we are low in the valley. And even though he sees us and already knows our needs before we ask, he nonetheless calls us to pray to him. Our prayers for help highlight God's power and strength as the only thing that can truly rescue us." Stacy Reaoch, *Wilderness Wanderings*

Zep. 3:17

"You and I can face the harsh realities of life in this broken world with courage and hope because we do not face them all by ourselves. Immanuel ('God with us') is indeed with us in power, glory, and grace." Paul David Tripp, *New Morning Mercies*

Cross Reference for God with Us: - Isaiah 7:14, Isaiah 43:1-3, Isaiah 41:10, Matt 1:23, Matt 28:20, 1 Cor 3:16, Joshua 1:9

Romans 1:16

"All our other circumstance and feelings may change, but God and his gospel always remains the same." Dave Furman, *Being There*

Hebrews 4:14-16

"Jesus doesn't minimize pain, but rather he cares for his suffering people." Dave Furman, *Being There*

Romans 5:1-2

"Hope is a person, and his name is Jesus." - Paul David Tripp, *New Morning Mercies*

John 11:35

"A Jesus who never wept could never wipe away my tears" Charles Spurgeon

Matthew 28:20

"When you hit hard times, when your weakness is exposed, be ready for the enemy to whisper in your ear, "Where is your God now?" And be ready to respond, "He is where he has been and always will be - with me in power, glory and grace." You won't always feel his nearness, but you can rest assured he will never abandon you. He is the One who said, "Behold, I am with you always" (Matthew 28:20), and he never goes back on his word." ~Paul Tripp, *New Morning Mercies*

Romans 8:31-32

"Nothing can separate us from Him and His love- not our fears, not our trials. We can run to God confidently because of Jesus." Trillia J. Newbell, *Fear and Faith*

Matthew 28:20

"He (Jesus) would give these loyal suffering ones the best assurance ever-that he would always be with them." Paul David Tripp, *Suffering*

Genesis 16:13

"This God is not simply a God who looks *upon* you, your trouble, or your thoughts, but-as Hagar proclaims-he is a God who looks *after* you." Abbey Wedgeworth, *Held*

Additional Scriptures/Highlights:

- Deuteronomy 7:9 Highlight verse and write faithful
- Psalm 46:1-3 Highlight verse and write "God is our refuge"
- Matthew 11:28-30 Highlight verses and write "The invitation of Jesus is...Come to me"
- Psalm 56:8 Highlight verse and write "He is with you"
- Psalm 18:30 Highlight verse and write "He is our refuge"
- Psalm 98:3 Highlight verse and write "God is faithful and He never forget His people."
- Psalm 23:4 Highlight verse and write "He is with you"
- Psalm 137:7-10 Highlight verses and write "God is with us." Write "CR: Psalm 56:8 & Matthew 1:23"
- Psalm 34:18 Highlight verse and write "He is near"
- 1 Corinthians 1:9 Highlight verse and write "Faithful-loyal, constant, and steadfast"