

## God's promises in times of stress

'Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.'

Psalm 55:22

'As a mother comforts her child, so will I comfort you.'

Isaiah 66:13

## For the future

**T**hough you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honour and comfort me once again.'

Psalm 71:20-21

'... the God of all comfort ... comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.'

2 Corinthians 1:3-4



**Comfort**  
*from His love*

## Thinking and praying for you

**O**n the anniversary of your bereavement, memories of happy times with your loved one might well come flooding back, but undoubtedly mingled with deep anguish and pain at your loss once again.

When Jesus entered our world he, too, wept in bereavement over his friend Lazarus.

"When Jesus saw her weeping ... he was deeply moved in Spirit and troubled.

"Where have you laid Him?" he asked.

"Come and see, Lord," they replied.

Jesus wept.

Then the Jews said, "See how He loved Him!"

John 11:33-36

## A promise

**B**ecause a long time has passed, some friends and family might tend to think you're 'over it' now. They can forget it only takes one memory to trigger that pain again.

But God never forgets. 'Can a mother forget the baby at her breast and have no compassion on the child she has borne?

Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands ...'

Isaiah 49:15-16

## A prayer

**T**he Holy Spirit is sent as our Comforter and Counsellor. Invite him into your hurt today ... I ask you to be my strength and my shield. Thank you that you are with me, may I know your touch today. Pour your oil of gladness on my heart, and let me rest in Him who is our peace.

Amen.