

If we have lived on this earth a very long time, we have experienced pain, disappointment, heartache, and sorrow. We have lost dear loved ones through death. Sometimes we feel as though we are going through these great losses alone. No one can understand the depth of our pain. Other times, we experience a great loss corporately. Like the 9-11 disaster, where we were glued to our TV sets, watching the horror unfold before our eyes. Feeling helpless. Hoping those we know could get out of harm's way.

Other times, the sorrow we feel is a loss of innocence, in very private and dark moments in our life. A feeling of powerlessness. The knowledge that we can't stop something that is horrible, shameful, and disgusting even when it is happening to ourselves.

Even as Christians, there are experiences in our life we seem totally unprepared for; A sick child, a car accident which snatches away a loved one, a devastating illness which results in years of turmoil.

Some of us have a better understanding than others of how to reach out to God in these times of need. We don't even know how to share our hurts with the body of Christ, our brothers and sisters God gave us to carry each others' burdens.

And yet, God is more in tune with us than we might think:  
*"He was despised and rejected by men,  
A man of sorrows, and familiar with suffering."* Isaiah 53:3

He hurts when He sees the pain we inflict upon one another.  
*"The Lord saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The Lord was grieved that he had made man, and his heart was filled with pain."* Gen 6:5-6

So, when Jesus announced the beginning of his ministry on the shores of a lake near Capernaum, he told them,  
*"the people living in darkness have seen a great light;  
On those living in the land of the shadow of death  
A light has dawned."* Matthew 4:16

Jesus was on a mission to heal the wounded people of Israel:  
*"The Spirit of the Lord is on me,  
Because he has anointed me to preach good news to the poor,  
He has sent me to proclaim freedom for the prisoners  
And recovery of sight for the blind  
To release the oppressed,  
To proclaim the year of the Lord's favor."* Luke 4:18-19

If you are experiencing incapacitating pain, you can know that God cares. He is there for you. He will provide you love and comfort, directly through his Spirit, and face to face through loving believers who He has already comforted. (2 Cor 1:3-11) Sometimes it's through caring professionals who have a deep faith in the Lord's power to heal. Be honest with Him. Be open to Him. He will shine a light on every dark place in your heart, and you will experience a new dawn in your life. Ask Him. He is ready to help you.