

How long will you have to carry this thing that hurts so bad and has no end...? God says in Romans 8:28 “All things work together for (our) good...”

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“The thief comes only to kill and destroy; I have come that (you) may have life, and have it to the full.” Jesus in the book of John, chapter 10, verse 10..

- **If you are suffering from emotional pain - it is normal to want out, for things to go back to normal, to the way things were before the pain. When the pain continues and gets even worse, despair sets in. When despair becomes unbearable and there is no way out, death *will* become appealing. Is this where you are?**
- **In the verse above from John 10:10, Jesus is describing himself as a shepherd and his followers as His ‘flock.’ In this word picture He illustrates how He cares for those who belong to Him. So, to be cared for by this Shepherd, who is the Son of God, we must belong to Him.**
- **To ‘belong’ is to be one of His family, so to speak. In John 3:16 Jesus is explaining this process of belonging to God to a priest named Nicodemus, who came under the cover of darkness to ask questions of Him. Jesus told him that to belong and obtain the promises and blessings of God, he (and every man) must believe by placing his faith in Jesus as the Son of God. What does this have to do with relieving pain and the desperation and despair that comes with it?**
- **If you understand what it is like wanting help to the point of desperation, listen carefully to what I say here. God will use hard times of brokenness to bring us to the point of pain where we cry out to him in utter helplessness. This kind of desperation is better than despair. In desperation we seek help; in despair we give up.**
- **I ask that you have faith in the truth of God’s deep concern for your survival. Dare to believe that God knows what you are going through (Psalms 139:16b) and that He allowed this suffering to reveal to you that He loves you and desires better things for you (Jeremiah 29:11-12).**
- **God describes Himself in the Bible as a Father to those who trust Him and call upon Him (Psalms 50:15). He sent Jesus to rescue us from ALL brokenness (Isaiah 61:1, Luke 4:18) and His promise to you is He will never, ever forsake you (Hebrews 13:5)**
- **I know from my own experience with suicidal despair how hard it is going through another day of pain, so don’t think of tomorrow for now, think only of this moment and the thought: What if it *is* true that God really cares about the terrible things happening to you? The promises referred to here are for you. Take them like you would a check and ‘cash’ them at the Throne of God. He is Faithful to His Word.**

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