

EXPERIENCING COMFORT FROM GOD

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction ... **2 CORINTHIANS 1:3-4**

1. Identify something that hurts—
perhaps that you are having a hard time forgiving someone for, disappointment, betrayal.

2. Express your hurt to God in prayer—
tell Him about your pain:

“Dear God, I think I feel sad about _____”

“It really hurt when ... _____”

“I felt disappointed that ... _____”

3. Ask Jesus these questions and wait for His responses:

“Lord, do you understand my pain? Do you understand how I was hurt by _____?
(Loneliness, abandonment, abuse, neglect, unfair criticism, rejection, ridicule, etc.)

Lord, when did you experience something like this?

Lord Jesus, what do you feel for me about this?

4. Thank Jesus for His compassion and comfort.

*Dear Lord, thank you for caring so much about me that you feel
compassion for my pain. Thank you for understanding and caring.*