



HOW TO HELP THE HURTING

JIM HINTON

I. I AM CALLED TO COMPASSION

Jesus traveled through all the towns and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness. When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd.

Matthew 9:35-36 (NLT)

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 Corinthians 1:4 (NLT)

II. WAYS TO HELP SOMEONE WHO IS HURTING

1. Take the initiative to reach out to them (See Job 2:11-13)

Never walk away from someone who deserves help; your hand is God's hand for that person.

Proverbs 3:27 (MSG)

2. Be physically present and just listen to them.

My dear friends, you should be quick to listen and slow to speak...

James 1:19 (CEV)

3. Allow for the open expression of emotions (See John 11:35)

Be happy with those who are happy, and weep with those who weep.

Romans 12:15 (NLT)

4. Don't try to "fix it" for them

Things not to say to hurting people:

- "It's all for the best"
- "It could be worse"
- "He's in a better place now"
- "You'll get over this"
- "Time heals all wounds"
- "You weren't meant to be together"
- "I guess it was just her time"
- "Look at all you have to be thankful for"
- "You should exercise more and eat healthier"
- "Maybe you should try this or that therapy"

Being happy-go-lucky around a person whose heart is heavy is as bad as stealing his jacket in cold weather or rubbing salt in his wounds.

Proverbs 25:20 (TLB)

5. Pray with them and for them

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

James 5:16 (NLT)

6. Help them in practical ways

Help carry each other's burdens. In this way you will follow Christ's teachings.

Galatians 6:2 (GWT)

Look useful ways to carry their burdens...

- Mow their lawn
- Clean their house
- Watch their children during appointments
- Take food over to them
- Go to the grocery store for them
- Pick up their kids from school
- Invite them over for a meal
- Include them in your activities

7. When appropriate—offer words of hope

My friends, I want you to know what a hard time we had in Asia. Our sufferings were so horrible and so unbearable that death seemed certain. In fact, we felt sure that we were going to die. But this made us stop trusting in ourselves and start trusting God, who raises the dead to life. God saved us from the threat of death, and we are sure that he will do it again and again.

2 Corinthians 1:8-10 (CEV)

Weeping may last through the night, but joy comes with the morning.

Psalms 30:5 (NLT)

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever."

Revelation 21:4 (NLT)

8. Plan to stay in touch with them

Have a plan to stay in touch...

- Call or visit them on a regular basis
- Send encouraging cards, texts, or emails just to let them know you're thinking of them and praying for them.
- Every once in a while give them a small but thoughtful gift that says "I love you and haven't forgotten you"

A friend is always loyal, and a brother is born to help in time of need

Proverbs 17:17 (NLT)

9. Remember that God is their healer

I am the LORD, who heals you.

Exodus 15:26

He heals the brokenhearted and bandages their wounds.

Psalms 147:2 (NLT)