



## LESSON 8 // COMFORT ME

**Big Idea:** One of the reasons we cry out to the Lord in prayer is for His comfort in our times of sadness and grief.

In seasons like this, it's important to realize that God's love is the greatest source of comfort. Others can share meaningful and encouraging words, but only the love of our Heavenly Father can provide the deep comfort we long for. And when He comforts us, we are equipped and empowered to comfort others with the same love that He poured out to us.

**Lamentations 3:19-26 (NIV)** *I remember my affliction and my wandering, the bitterness and the gall. <sup>20</sup> I well remember them, and my soul is downcast within me. <sup>21</sup> Yet this I call to mind and therefore I have hope: <sup>22</sup> Because of the Lord's great love we are not consumed, for his compassions never fail. <sup>23</sup> They are new every morning; great is your faithfulness. <sup>24</sup> I say to myself, "The Lord is my portion; therefore I will wait for him." <sup>25</sup> The Lord is good to those whose hope is in him, to the one who seeks him; <sup>26</sup> it is good to wait quietly for the salvation of the Lord.*

### Start Talking:

What is "empathy"? How empathetic are you toward others who are suffering and how can you become a more empathetic person?

### Start Thinking:

**Read Lamentations 3:19-26.** How was Jeremiah (the author of Lamentations) suffering and in need of comfort, according to these verses?

In what ways do these verses speak to you about how God wants to comfort you in the midst of your pain and suffering?

**Read Romans 8:35-39 and 2 Corinthians 4:16-18.** How does our eternal relationship with God through Jesus bring purpose and perspective in our pain? How can this be part of God's comfort in our lives?

**Read 2 Corinthians 1:3-4.** What does God want you to do with the comfort you receive from Him? How can empathy, prayer and patience help you to do this?

### Start Praying and Doing:

Pray that God will help you become a more empathetic, comforting person toward others who are hurting.

Also pray and look for opportunities to offer and extend comfort to someone this week. It may be someone in your own family or a close relative, or perhaps someone you don't know well but the Lord will put in your path. Simply be available and open to hurting people and see how God will use you to share His comforting love.