



Help For Those in Pain

From Life Issues Institute

Small acts of kindness mean a great deal to those who receive them. That's especially true when someone you love is hurting from:

- An unexpected diagnosis
- The death of a child or other loved one
- Suicide of a family member or close friend
- A lingering illness

A simple word or kind gesture often makes a significant difference, so Life Issues Institute offers you . . .

25 ways to reach out in difficult times!

- 1. Pray with the one who's hurting**
Psalm 55:22, Psalm 116:1
- 2. Cry with them when they need to cry**
- 3. Laugh with them often**
Ecclesiastes 3:1 & 4
- 4. Encourage them that they'll get through it with God's help**
Joshua 1:9, Deuteronomy 31:8, Psalm 23:4



"Happy moments, praise God. Difficult moments, seek God. Quiet moments, worship God. Painful moments, trust God. Every moment, THANK GOD."
- Rick Warren

- 5. Express your love and comfort**
Psalm 119:76, Isaiah 49:13, Matthew 5:4, 2 Corinthians 1:3-4



"You won't do it perfectly—or say everything just right—but don't let that stop you from being an encouragement to others!"

- 6. Take time to listen**

7. **Just be there, even in silence**

Psalm 46:10

8. **Provide a meal—do it often**

9. **Offer to clean their home, do yard work or babysit**

10. **Share pictures and videos you have of their loved one who's died**



*"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."
- Amelia Earhart*

11. **Say, "I don't know how you feel, but I'm praying"**

*"There are times when God will do things or fail to do things we want Him to do, and it won't make a bit of sense. And because we don't see the big picture, we may falsely conclude that God's abandoned us. But we need to trust Him during these times, remembering that Jesus is the author and finisher of our faith. In other words, what God starts, He completes."
- Greg Laurie*



12. **Remember them on special days that are meaningful in their loss**

13. **Run errands for them**

14. **Send an encouraging note, text or email**



*"The storms in my life have become workshops where I can practice my faith in God's Sovereignty."
- Jill Briscoe*

15. **Make a call**

16. **Take their children for a day's outing to give them a needed break**

17. **As time passes their loss and pain continue, so should your notes and calls**

18. **When there's a loss, continue with notes and calls even later**

19. **Say, "I've prayed for you (make sure you have) asking God to provide a sense of His presence"**

Psalm 46:1

20. **Invite them to events**

21. **Share God's promises that have helped you**

Isaiah 57:1-2, John 14:1



"God is near whether you're happy or not. Sometimes you have to take your feelings outside and give them a good talking to."

- Max Lucado

22. Invite them to spend casual time with you

23. Sit with them at church

24. Recommend a book that's been encouraging for you

- ***90 Minutes in Heaven*** by Don Piper
- ***You'll Get Through This: Hope and Help for Your turbulent Times*** by Max Lucado
- ***A Journey Through Cancer: My Story of Hope, Healing, and God's Amazing Faithfulness*** by Emilie Barnes

25. Be yourself when you're with a hurting friend



"Deny your weakness, and you'll never realize God's strength in you."

- Joni Tada

Contact us:

info@Lifelssues.org

1821 W Galbraith Rd.,
Cincinnati, OH 45239

Phone: 513.729.3600

Websites & social media:

www.Lifelssues.org

