

When we feel alone and in pain

Pain is never fun. Pain can also be a very lonely time. It is a time when we wonder, does God care about what is happening to me, does anyone care? Does anyone understand that I am feeling lonely, sad, and scared?

Can anyone understand that I am wondering, can anything good come from this bad experience? Deep inside we are pretty sure they do care but you are still curious, you still hurt, and you feel terribly alone

Lets begin with this fact. The problem with pain, suffering and loneliness is that other people can not feel our pain, suffering and loneliness. They cannot take it away. There is some good news however, when it comes to these two difficult things in life.

God sometimes deliberately allows us to go through painful experiences, loneliness and disappointments such as you are now going through in order to equip us so we can help, encourage, and be a friend to others.

The bible says All praise to the God and Father of our Master, Jesus the Messiah! Father of all mercy! He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us.

There is no magic cure for a person in pain and loneliness. We cannot take away someone else's pain. We can however let other people love us in our pain and we can love others in their pain

The question is, how can I use the trials in my life to help those I love?

First, tell your loved ones that even though you are sick, you still love them. Family turmoil and sometimes cause us to forget this.

Secondly, tell them that you would like to help them when they are feeling sad about your being sick.

Thirdly, thank them for loving you

Fourthly, let them do things to help you. This will give them memories for later on in their lives. They will be able to say, I remember when Mom was sick, she let me help her and I am glad she did.

Finally, laugh together, cry together, pray with one another in the difficult times. Enjoy one another in the good times and bad while you still have each other to share with.

Remind yourself that “God’s comfort is not given; it is loaned, and we are expected to pass it on to others.”

Then say thank you for my difficulty because I know that you want me to use it to help the ones I love.

If you have any questions, you can find out more about our program in Cortland County NY by calling Caring Community Hospice of Cortland 607-753-9105 or visiting www.cortlandhospice.org (See our Web Link Page)