

COMFORT FROM ROMANS 8

Words for a Suffering Friend

"Everything happens for a reason" are well-meaning words, but provide little comfort to the suffering.

Often, comfort simply means offering our presence and silence to the hurting. Holding their hand. Crying with them. Agreeing, "This is hard and it doesn't make sense." Washing dishes. Folding laundry. Taking them food. If you want to point others to God and his goodness, write it down on a card so they can meditate on it later and not have to respond to it right there in your presence.

We can look to Romans 8 for words of comfort – but **not only** from the oft-quoted Romans 8:28: *And we know that for those who love God all things work together for good, for those who are called according to his purpose*). Pray and discern when it's the right time to share verses of hope and help.



Offer Grace for Grief, Make Space for Hope

If there's something shameful you feel you can't escape, freedom is found in Christ:

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. Romans 8:1-2

If you can't see the end of your situation and are without hope, redemption is coming:

And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience. Romans 8:23-25

When you are out of words to pray, God provides His Spirit to step in:

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Romans 8:26-27

If God feels far away, remember nothing can separate you from him:

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Romans 8:35-39