

The LORD is close to the brokenhearted and saves those who are crushed in spirit.
Psalm 34:18

Jesus understands our feelings of anxiety, frustration, loneliness, anger, and rejection. He experienced all of the emotions that we do. When we hurt He hurts also. "Emanuel" God is with us. He feels our pain. What a difference it makes to know that He understands us so well, and that we are able to approach Him with that assurance. If we are hurting we can run into His arms, seeking comfort, mercy, restoration, and healing for our aching hearts. He wants us to share every thought and raw emotion with Him. He can handle it. What comfort we will find when we let down our barriers and cry out from our hearts to Him and find that He is a true friend, who will never betray our confidence, shame us or judge us. It is in His presence that we discover the answers; the instructions we need to follow and the help we so desperately need. We are never alone.

Prayer

I thank you Jesus, that You understand how I feel. I surrender all my pain, heartache, and grief into Your hands. Pour Your peace into my mind and my heart. I know You will never fail me; thank You for always being there and understanding the things even I don't understand. You bring peace to my soul. You are a true friend, and I praise Your name! Amen.