

**Jeremiah 10:19, “Woe is me for my hurt! My wound is grievous: but I said, Truly this is a grief, and I must bear it.”**



Bearing physical, mental, spiritual pain or anguish is something we all would rather avoid but we all eventually experience. Every day we live, our bodies get older: the inevitable process of decay. As we live in a sinful world, we experience pain, suffering, persecution, heartache, despair, disappointment, consequences of sin and other human weaknesses. The longer you walk along the path of life you discover yourself more frequently looking forward to the end: eternity in Heaven. The rocky road and treacherous detours of life help us value the golden streets we will walk upon one day.

I have visited patients in nursing homes trying to bring comfort to those near death. Lying in bed many cannot move without the assistance of someone. Can you imagine feeling constant pain or discomfort, losing your ability to care for yourself, losing many of the material things that mean most to you like your home? Can you imagine experiencing the constant sorrow and loneliness associated with the death of your spouse, family members and friends? Walking in those shoes is most difficult to imagine.

We are blessed and yet many times we feel defeated when we experience only a small portion of what many others experience day in and day out.

As a child when I was wallowing in my grief or sorrow, my mother would comfort me in her arms and then she would sweetly point out the grief and suffering of others around me. Every time I began to look around and imagine what they were going through, my trial didn't seem so bad. As my spirit within me took on a new perspective, my sorrow was lightened and I became thankful that my load was not as heavy as others.



When we feel as if we are overwhelmed and simply can't take anymore or can't survive another day, we need to put those burdens we are carrying back at the foot of the cross. Remind ourselves that God REALLY is in full control. Rest in the knowledge that He is right beside you, walking with you and holding your hand as you take each step. He understands everything you have already experienced, everything you are going through now and everything you will endure in the future. He has already been there and suffered it all that He might have the privilege to show you His love and guidance as you follow His leading.

Here's a great perspective: If Jesus bore the wounds of Calvary for me then I must bear the woes of the earth. My woes will never be in comparison to what He endured for me.

Help me Lord, to bear my grief.

Hebrews 4:14-16, "Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities: but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."