

HOW TO HELP A FRIEND IN DEEP PAIN

When You Don't Know What to Say
Rick Warren

"A friend loves you at all times, and is born as a brother for adversity."
Proverbs 17:17 (AMP)

"Laugh with your happy friends when they're happy; and share tears when they're down." Romans 12:15 (The Message)

THE PRICELESS VALUE OF TEARS

Why you need to learn to cry more often

1. TEARS ARE _____!

- God weeps. Genesis 6:6
- Jesus weeps. John 11:35, Isaiah 53:3
- The Spirit weeps. Romans 8:26, Ephesians 4:30

TEARS ARE _____!

2. TEARS ARE _____!

There are three kinds of tears: Basal, Reactive, and Emotional.

3. TEARS ARE A _____ PART OF LIFE

"There is a time for tears, and a time for laughter. There is a time for mourning and a time for dancing." Ecclesiastes 3:4

GOD SAYS FEELINGS ARE MEANT _____!

Tears are healthy for you physically, emotionally, relationally, and spiritually.

4. TEARS ARE _____!

Tears are far more powerful than words because every culture understands them.

"Rejoice with those who rejoice, and weep with those who weep."
Romans 12:15 (NASB)

SYMPATHY says, "I'm sorry you hurt."

EMPATHY shows, "I'm hurting with you!"

TEARS ARE A SIGN OF _____!

"Mary said, 'Lord, if you had been here, my brother would not have died!' Jesus saw her weeping, and he saw how the other people were weeping too and his

*heart was touched. He was deeply moved. 'Where have you buried Lazarus?' Jesus asked. 'Come and see, Lord,' they said. **JESUS WEPT.** The people said, 'See how much he LOVED him!'" John 11:32-36 (GNT)*

5. GOD _____!

"Tears stream from my eyes, a well of tears. And you, God, look down from on high and see my tears." Lamentations 3:49-50 (The Message)

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." Psalm 56:8 (NLT)

HOW TO HELP YOUR FRIEND IN PAIN

1. DON'T WAIT: _____!

"When Job's three friends . . . heard about all the troubles that had come upon Job, they left their homes and agreed to go together and sympathize with Job and comfort him." Job 2:11 (NIV)

2. DON'T HOLD BACK: _____!

"When Job's friends saw him from a distance, they hardly recognized him. They BEGAN TO WEEP ALOUD. Then they tore their clothes in grief and threw dust into the air over their heads as a sign of sadness." Job 2:12 (NIV/GNT)

3. DON'T SPEAK: _____!

"Then Job's friends sat on the ground with him in silence for seven days and nights. No one said a word to him because they saw how great his suffering was." Job 2:13 (NIV)

4. DON'T FORGET: _____!

"The Sovereign Lord will destroy death forever! He will wipe away the tears from everyone's eyes and take away the disgrace his people have suffered throughout the world." Isaiah 25:8 (GNT)

"Then the Lamb on the Throne will shepherd them and lead them to spring waters of Life. And God will wipe every last tear from their eyes."
Revelation 7:17 (The Message)

"Then God will wipe every tear from their eyes. There will be no more death and no more mourning and no more crying and no more pain—for the old order of things has passed away. Then he who was seated on the throne said, 'I am making everything new! Write this down, for these words are trustworthy and true.' He said to me: 'It is done. I am the Alpha and the Omega, the Beginning and the End. To him who is thirsty I will give to drink without cost from the spring of the water of life. He who overcomes will inherit all this, and I will be his God and he will be my child!" Revelation 21:4-7

Next Step

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