

God...
where are
you?



"Where have you
been while I've been
suffering?

Don't you **care**
about me?"

"Don't you **love** me?"



If those are some of the questions in your heart, you're not alone.

As you'll see in this magazine, even people in the Bible didn't hold back from challenging God directly about their suffering and pain.

They voiced some of the same things you have, and expressed their thoughts in very honest, raw ways.

As you read the verses included here, you'll likely hear an echo of your own angry, frustrated, exhausted, or impatient feelings.

And when you read closely,
you'll also discover where God
has been while you've been
suffering, and how He feels
about your pain.

God doesn't just stand outside of
your pain and listen to your cries.

The Bible says He suffers WITH
you, and even suffered FOR you.

**But—and this is important—
we also learn from the Bible
that He has a plan to use our
pain to make us beautiful.**

And to do away with pain and
suffering—forever!

Read each passage slowly and carefully.

This is only a brief selection of Bible verses on this topic, but hopefully it's the beginning of a longer journey of discovery.

Take all your pain and confusion to the God you meet here and let Him speak to you through the words you read.

May you find the peace that only God can provide.

And perhaps you'll find that you can then help others who are struggling to meet this God, too.

NOTE: tap on the Bible references to read the verses in context using the NewLife app or online at www.newlife.bible

A person with long, dark, wavy hair is seen from behind, sitting on a wooden pier. They are wearing a dark brown, textured sweater and blue jeans. The background is a soft-focus sunset over a body of water, with trees visible in the distance. The lighting is warm and golden, creating a contemplative mood.

— PART 1 —

CRIES FROM MY HEART

O LORD, why do you stand
so far away? Why do you
hide when I am in trouble?

PSALM 10:1

**O God, do not be
silent!
Do not be deaf.
Do not be quiet,
O God.**

PSALM 83:1

Day and night I have
only tears for food, while
my enemies continually
taunt me, saying, "Where is
this God of yours?"

PSALM 42:3

Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die.

“I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”

1 KINGS 19:4

“Why wasn’t I born dead?

Why didn’t I die as I came from the womb?

Why was I laid on my mother’s lap?

Why did she nurse me at her breasts?

Had I died at birth, I would now be at peace.

I would be asleep and at rest."

JOB 3:11-13

Now hear my prayer; listen to my cry. For my life is full of troubles, and death draws near. I am as good as dead, like a strong man with no strength left.

PSALM 88:2-4

You have thrown me into the lowest pit, into the darkest depths. Your anger weighs me down; with wave after wave you have engulfed me.

PSALM 88:6-7

You have driven my friends away by making me repulsive to them. I am in a trap with no way of escape. My eyes are blinded by my tears. Each day I beg for your help, O LORD; I lift my hands to you for mercy.

PSALM 88:8-9

O LORD, I cry out to you. I will keep
on pleading day by day. O LORD,
why do you reject me? Why do you
turn your face from me?

PSALM 88:13-14

"We are filled with fear, for we are
trapped, devastated, and ruined."
Tears stream from my eyes ...
My tears flow endlessly; they will
not stop until the LORD looks
down from heaven and sees.
My heart is breaking."

LAMENTATIONS 3:47-51

...Jesus called out with a loud voice,
"Eli, Eli, lema sabachthani?" which
means "My God, my God, why have
you abandoned me?"

MATTHEW 27:46



— PART 2 —

GOD'S RESPONSE TO OUR CRIES

When Mary arrived and saw Jesus, she fell at his feet and said, “Lord, if only you had been here, my brother would not have died.”

When Jesus saw her weeping and saw the other people wailing with her, a deep anger welled up within him, and he was deeply troubled. “Where have you put him?” he asked them.

They told him, “Lord, come and see.”

Then Jesus wept.

JOHN 11:32-35



**The LORD is close to the
brokenhearted; he rescues
those whose spirits are
crushed.**

PSALM 34:18

The LORD is close to all who call
on him, yes, to all who call on him
in truth. He grants the desires of
those who fear him; he hears their
cries for help and rescues them.

PSALM 145:18-19

Don't be afraid, for I am with you.
Don't be discouraged, for I am
your God. I will strengthen you and
help you. I will hold you up with
my victorious right hand.

ISAIAH 41:10



God blesses those who mourn,
for they will be comforted.

MATTHEW 5:4

Give all your worries and cares to
God, for he cares about you.

1 PETER 5:7

**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



He was despised and rejected—
a man of sorrows, acquainted with
deepest grief.

We turned our backs on him and
looked the other way.

He was despised, and we did not
care.

Yet it was our weaknesses he carried;
it was our sorrows that weighed him
down.

And we thought his troubles were a
punishment from God,
a punishment for his own sins!

But he was pierced for our rebellion,
crushed for our sins.

He was beaten so we could be whole.
He was whipped so we could be
healed.

All of us, like sheep, have strayed away.
We have left God's paths to follow
our own.

Yet the Lord laid on him
the sins of us all.

ISAIAH 53:3-6



— PART 3 —

THE HOPE WE HAVE IN OUR SUFFERING



For no one is abandoned by the Lord forever. Though he brings grief, he also shows compassion because of the greatness of his unfailing love. For he does not enjoy hurting people or causing them sorrow.

LAMENTATIONS 3:31-33

**He heals the
brokenhearted and
bandages their wounds.**

PSALM 147:3

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!

PSALM 43:5

Give your burdens to the LORD,
and he will take care of you. He will
not permit the godly to slip and fall.

PSALM 55:22

**And we know that God causes
everything to work together for
the good of those who love God
and are called according to his
purpose for them.**

ROMANS 8:28

Can anything ever separate
us from Christ's love? Does it
mean he no longer loves us if we
have trouble or calamity, or are
persecuted, or hungry, or destitute,
or in danger, or threatened with
death? No, despite all these things,
overwhelming victory is ours
through Christ, who loved us.

ROMANS 8:35, 37

"I have told you all this so that you may have peace in me. **Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.**"

JOHN 16:33

I heard a loud shout from the throne, saying, "Look, God's home is now among his people! He will live with them, and they will be his people. God himself will be with them.

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever."

REVELATION 21:3-4

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance.

And endurance develops strength of character, and character strengthens our confident hope of salvation.

And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

ROMANS 5:3-5

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort.

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

For the more we suffer for Christ, the more God will shower us with his comfort through Christ.

Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer.

2 CORINTHIANS 1:3-6

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