



# 20 Bible Verses to Comfort the Hurting

By: Clay Barnes

You need comfort now. Perhaps you have some life circumstance that has caused such hurt that you do not know where to turn. Do not fear; you can have comfort which comes from the Holy Spirit – He is called the Comforter and He gives peace and healing to your hurting heart. The Comforter is with us from the moment we believe that Jesus died on the cross to pay our penalty for sin (**Eph 1: 12-14**). You can rest in the strength of the Holy Spirit, and have comfort that is unspeakable and delightful. The Bible has so much to say about the promise of comfort and peace. I pray that you find your comfort in the truth that these twenty Bible verses to comfort the hurting offer.

**Psalms 55:22** Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

His Arms Hold the Universe, Let Him Hold You

**Psalms 9:9** The LORD is a stronghold for the oppressed, a stronghold in times of trouble.

**Psalms 27: 4-5** One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the

LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

**Psalms 46:1** God is our refuge and strength, a very present help in trouble.

**1 Peter 5:6-7** (KJV) Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.

## **God Knows Your Hurt, He Will Not Ignore Your Need**

**Weeping may tarry for the night, but joy comes in the morning.**

**Psalms 22:24** For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.

**Psalms 56:8** You have kept count of my tossings; put my tears in your bottle.

Are they not in your book?

**Psalms 116:1-2** I love the LORD, because he has heard my voice and my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live.

**Jeremiah 29:11** (KJV) For I know the thoughts that I think toward you, saith the LORD, thoughts of peace,

and not of evil, to give you an expected end.

Nahum 1:7 The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him.

### Comfort is a Bible Promise

**Psalms 119:48-52** I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes. Remember your word to your servant, in which you have made me hope. This is my comfort in my affliction, that your promise gives me life. The insolent utterly deride me, but I do not turn away from your law. When I think of your rules from of old, I take comfort, O LORD.

**Lamentations 14:16-18** For the Lord will not cast off forever, but, though he cause grief, he will have compassion according to the abundance of his steadfast love; for he does not willingly afflict or grieve the children of men.

**John 14:16-18** And I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you. "I will not leave you as orphans; I will come to you..."