

## Seek Comfort with the Lord

“And He was withdrawn from them about a stone’s throw, and He knelt down and prayed, saying, ‘Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.’ Then an angel appeared to Him from heaven, strengthening Him. And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.” (Luke 22:41-44 NKJV)

My son had braces put on his teeth this week. He was excited to get the process started, as his teeth were very crooked. However, he no idea how painful it would be for his teeth to start moving as pressure was applied by the braces. He was in a great deal of agony.

I gave him everything I could to help ease the pain, but nothing seemed to help. Feeling so bad that I could do nothing to help him, I just started to hug him. The moment I did, he started to be comforted. The pain did not go away, but he was able to endure better.

I thought about that most of a restless night, and realized that our Father in heaven feels the same way about us when we are hurting. “For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all [points] tempted as [we are, yet] without sin.” (Hebrews 4:15 NKJV) Oh how it burdens a father’s heart to see one of his little ones hurting.

It is during those times we need to have the Father put His arm around us so that we can feel His embrace. Some pain will only comforted that way. Jesus went to the Father in His hour of greatest need. So too, we must seek the Father when we are hurting.

Nothing else will help. You might talk to fifty people about your distress, but that will likely only cause you to focus on the problem more. What you need when people disappoint you is the Lord. He never leaves nor forsakes His children.

Let prayer and reading be your first recourse for comfort. Don’t focus on the pain; focus on Christ.