

When
JESUS
Speaks to a
HURTING
HEART

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Our mission is to inspire the world with the life-changing message of the Bible.



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Jesus Speaks When Your Heart Is Hurting



This beautiful devotional—written for your hurting heart—will inspire and encourage you in your daily faith walk. Dozens of readings offer just the comfort you need to face the day, along with lovely little reminders that Jesus has a very special message just for your troubled heart.

You will learn that Jesus speaks every day—in every difficult situation—whether you are experiencing loss, loneliness, anger, sadness, or insecurity. Each devotional, rooted in scripture and written from Christ’s heavenly perspective, will leave you feeling perfectly loved and blessed.



“Speak, LORD, your servant is listening.”

1 SAMUEL 3:9 NLT

Worth the Wait



You have never cried a tear that I did not see. You are My precious one. I loved you enough to die for you. Do you trust that I have not forgotten you? I never will.

I have given mankind free will, and people make choices. Some of these choices wound you deeply. This is part of living in a fallen world.

The good news is that I am with you. I am right there, even on the saddest day of your life. I am with the brokenhearted. I am closest when you are saddest. I will bind up your wounds. I will listen. I will hold you close.

I save every tear that you cry, and one day, in heaven, there will be no more tears. You will never cry again. It is a glorious place that is worth the wait.

*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

Pure Light



You know about dark valleys. You sense the shadow of death. Yet you still see that glimmer of light, don't you? Each day brings just enough hope to carry you through to the next. This is because I am with you. I am behind every bright spot in your path. I orchestrate those little blessings that seem too good to be true. There is no coincidence for the person of faith.

I am the Good Shepherd and you are My sheep. I look after you with tender care. I never let you out of My line of vision. Learn the sound of My voice so that I may direct you all the days of your life.

As you face darkness, remember that I am pure light. I will be your boldness when you need bravery and your comfort when you feel you can't go on. You never walk alone.

Even if I walk through a very dark valley, I will not be afraid, because you are with me. Your rod and your shepherd's staff comfort me.

PSALM 23:4 NCV

Look Up



Anxiety is a trick the enemy uses to make you think you need to worry. He is always prowling about, scheming and attempting to distract believers from the truth. The truth is that I am always with you, so there is no reason to fear.

Do not look toward tomorrow with a furrowed brow and eyes full of worry. I am holding your hand and I will pour into you exactly the measure of strength you need to pass through each trial. Trust Me. We will take it one day at a time, one step at a time.

When you feel overwhelmed, remember that you are not alone. I will not just give you strength. I will *be* your strength. There is no need to fear, child. Look up. I am right here at your side, and I will never desert you.

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

ISAIAH 41:10 NIV



*When you feel overwhelmed,
remember that you are not alone.
I will not just give you strength.
I will be your strength.*



In My Hands



I saw you before you were formed in your mother's womb. You were, and are, a delightful thought to Me. Every day ordained for you is a gift. I could not love you more if I tried.

Nothing touches your life that has not been filtered through My fingers. I care deeply for you and it hurts Me to see you hurt. Certainly, there are trials in your life. I have allowed them. You don't understand the struggles. It is nearly impossible for you to welcome them. But as they come, rest in Me. Know that I always have your best interest at heart. Know that the trial is temporary. It will pass with time.

I am your Savior, your Redeemer, your Friend. Your life is in My hands—and these are the hands of One who loves you with an unfailing love. Life will hurt at times. Trust that I am still in control and I will never give you more than you can bear.

*LORD, I trust you. I have said,
"You are my God."
My life is in your hands.*

PSALM 31:14–15 NCV

Even in Silence



There are times when I will not speak. These are days to draw nearer to Me and simply trust. Read My Word. The pages of scripture will lift your spirits and focus your eyes upon Me once more. Look around at the blessings in your life. I will reveal Myself to you even in My silence.

There are times when I will not move. This does not mean you will be stuck forever in the circumstances that are bringing you discomfort. Have faith. The storm will end, or I will carry you through it.

I may take you through a trial so that you can grow and learn. But I will always bring you out. I am your Provider and your Savior. Nothing can snatch you out of My hand. In this world you will certainly have trouble. But I have overcome the world, child, and you belong to Me. I will always rescue you at just the right time.

*He brought me out into a
spacious place; he rescued me
because he delighted in me.*

PSALM 18:19 NIV

Always Faithful



I will always be faithful. It is not in My character to be anything less.

If it seems I am not there, you have moved away from Me. Turn around. Take a step. Look up. I am here. I am the one thing in your life that is constant. I never change. I am the same yesterday, today, and tomorrow.

As you move through days that are a struggle, hold on. Hold steady. Hold tight. Gaze upon Me, for I am truth and light. I am the only way through the chaos. Don't get caught up in worrying about tomorrow or the next day. Just take the next step and do the next right thing. I am working things out for you.

I long for you to trust in My promises. When you hope in Me, you can experience true rest. Never doubt My faithfulness.

*Let us hold unswervingly
to the hope we profess,
for he who promised is faithful.*

HEBREWS 10:23 NIV

Burden-Bearer



You are not meant to bear your own burdens, child. That is a lie the prince of darkness tries to sell you. Reject it! I hear your cries late at night. I see the worry that consumes you. I desire for you to cast your cares upon Me, and yet you insist on holding on to them.

I am stronger than you are. Your burdens are not overwhelming to Me. Give them to Me. Let Me carry them for you. I long to see you stand up straight again, unencumbered by this giant load. I want you to be free of these cares that cloud your vision of the future. I want your step to be light and your eyes to be bright once again.

I will carry your troubles for you. I will sort them out, if you will let Me. I love you and I want to be your Burden-Bearer today and every day.

*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 NLT



*On your darkest day, in your
deepest crisis, when you cannot
take one more step, I am
near. I will take hold of you.
I will rescue you.*



Rescued



Sometimes I calm the storm. Sometimes I call you out to walk upon the waves. Trust in Me and I will always come through for you. It may not be instant, for My timing is rarely what you may want it to be. But I will always, *always* come through.

There will be days when you think the waters are too deep and that you will surely drown. It is on those days that you simply cannot trust your feelings. You must lean in hard to your faith. You must remember that I see you. I never lose sight of where you are. I do not like to watch you struggle, but sometimes I allow it for a season.

On your darkest day, in your deepest crisis, when you cannot take one more step, I am near. I will take hold of you. I will rescue you. I will see you through to the other side. Trust Me.

*He reached down from on high
and took hold of me; he drew
me out of deep waters.*

PSALM 18:16 NIV

My Best for You



I have heard you call out, questioning why. I have seen your thoughts—the ones that question whether I am real, whether I care, and if so, why I am allowing you to hurt.

You are not seeing the full picture right now. You only see what you want—I see what you need. Remember that dream you were chasing that could have led you to destruction? I put a barrier in your path in just the nick of time. You were angry and hurt. Understand that I put that obstacle there for your own good.

Know that I have great plans for you. Some of the plans may require that you hurt a little in the present to receive what I have for you in the future. It will be worth it.

Trust that I am working all things together for your good. My immense love for you could never wish you harm. I am not a withholder of any good gift. All of My ways are right. You have a very bright future, My child.

“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.”

JEREMIAH 29:11 NLT

Assurance and Peace



I know you are afraid. You cannot hide your fear from Me. I know you through and through, for I knit you together in your mother's womb. I have called you My own, and that will never change. Nothing is able to snatch you from Me. I long for you to take every worrisome thought captive and bring it to Me. Allow Me to replace fear with assurance and anxiety with peace.

I see your worry, but you must take the step toward Me. You must make the choice to cast your cares upon Me. Like My disciples during a raging storm on the boat, your faith wavers. It is sure one moment, but lacking the next. Ask Me to increase your faith, and I will. I stand ready to help, ready to rescue, and ready to comfort.

Release all your troubles to Me. Trust Me, dear one. I am here for you, and I will never let you down.

*“Don't let your hearts be troubled.
Trust in God, and trust also in me.”*

JOHN 14:1 NLT

Remember This



All around you are people who put their trust in the world. They will always come up empty-handed. They will always be lacking and insecure. The world is not your home, child, and there is nothing there for you to trust in. Remember this.

You may not see golden statues on every corner, although there are some who worship such idols. Many of the gods in your society are subtle. They are entertainment and wealth and beauty. They are status and travel and technology. They can be good things taken too far, or creations that are taking the place of the Creator. Children, work, or success can become an idol.

Put your trust in Me alone. I am the God of Abraham and Isaac and Jacob. I am the same yesterday, today, and tomorrow. I am the Father, the Son, and the Holy Spirit. I have come that you may have life—abundant, eternal, and free.

*“Do not worship idols or make
statues or gods for yourselves.
I am the LORD your God.”*

LEVITICUS 19:4 NCV

Rest in Me



Each day you have a chance to start over, an opportunity to focus on Me and give Me control. I know your heart is hurting. I know some days it is all you can do to get out of bed. You seek to control the few things left in your life that you think you can.

It is so tiring to live that way. I don't want you to be exhausted, spinning your wheels day and night, working hard to exist on your own. I want you to rest. I want you to relinquish control and put your faith in Me. Try trusting Me with just the next moment. In time, as you see Me come through for you, you will be able to trust Me with an hour, then a day.

I am trustworthy. You will see.

*Trust the LORD with all your heart,
and don't depend on your own
understanding. Remember the LORD in
all you do, and he will give you success.*

PROVERBS 3:5-6 NCV

Embrace the Storm



As a human being, you are limited in your understanding. What may appear to be the worst thing imaginable may end up being the best thing for you.

I have used rain to bless and to curse, haven't I? Storms in your life are the same. They are allowed by My hand. No storm can touch you except the ones I permit.

I know that the middle of a storm is a scary place to be, but if you know you are in My hand, you have nothing to fear. Embrace the storm to the best of your ability. Ask Me to carry you through it. Don't resist it. It may be that the road straight through the center of your current storm is the pathway to peace.

It is the trials in your life that shape and mature you, develop your character, and cause your faith to deepen.

“He uses the clouds to punish people or to water his earth and show his love.”

JOB 37:13 NCV



*Embrace the storm to the best of
your ability. Ask Me to carry
you through it. Don't resist it.
It may be that the road straight
through the center of your current
storm is the pathway to peace.*



Rise Up



When you wake up when it is still dark outside, I am here. When you toss and turn, turn to Me. There is no hour too early or too late. I do not sleep, nor do I slumber. I am always watching over you, always here.

Sometimes I wake you up. I call to you to read My Word, to seek Me in prayer, to find Me in the wee hours of the night when all is still and quiet. If you sense that I am calling you, rise up like young Samuel did. He thought it was Eli who called to him, but it was Me, his God.

You may not hear My voice audibly, but you will sense it in your spirit. Heed the calling. I may have something to encourage your heart that you will miss if you don't answer right away, even if it costs you some sleep.

*I rise before dawn and cry for help; I have
put my hope in your word. My eyes stay
open through the watches of the night,
that I may meditate on your promises.*

PSALM 119:147-148 NIV

Run to Me



One day grief will be a thing of the past. You will hardly remember it and you will never again experience its weight. In heaven, death and pain will cease to exist. There will be no more tears.

But I speak here of the future when you are with Me in glory. This is not your human experience. The losses you have been dealt are no small matter. They have cut you to your core and left you questioning My love for you. Rest assured that I have not removed My hand from your life. I love you with all of My heart and I always will.

Run toward Me in your grief—don't turn away from Me. In your mourning, you are weak, but in your weakness, I am strong. I want to be your Strength and your Comfort.

*“He will wipe every tear from their eyes.
There will be no more death’ or mourning
or crying or pain, for the old order
of things has passed away.”*

REVELATION 21:4 NIV

In Your Brokenness



When you were hidden in your mother's womb, your tiny heart beat strong and alive. I protected that heart and prepared it for the cold, frightening world it would soon face. You entered a fallen world the day you were born. In it are things that will break your heart. I would love to keep you from this, but for reasons you cannot understand right now, I allow it.

It wounds Me when one of My children has a broken heart. I take no pleasure in seeing those whom the Father has entrusted to Me hurt. I am touched by your gut-wrenching cries and your somber countenance where I once delighted in your smile. I hurt when you hurt.

I will draw close to you in your brokenness. I am the care flight that comes to the rescue when your spirit is crushed. You may bear a broken heart more than once in this life, but you will never bear it alone.

*The LORD is close to the brokenhearted,
and he saves those whose spirits
have been crushed.*

PSALM 34:18 NCV

Carry You



Let's make a trade, you and I. How does this sound? You give Me your burdens, and in return, I will give you rest.

Sometimes you convince yourself that you have something to prove. You think you must do it all on your own. But no one has called you to be a superhero. No one expects the supernatural from you. There is only so much that one soul can bear.

Isn't it time to rest? Doesn't that sound appealing, child? Let Me take it from here. Lay down your load. I've got you covered. In fact, I will carry not just your burdens; I will carry *you* as well. It is time you found some rest for your soul. Allow Me to be your rest.

“Come to me, all of you who are tired and have heavy loads, and I will give you rest. Accept my teachings and learn from me, because I am gentle and humble in spirit, and you will find rest for your lives.”

MATTHEW 11:28–29 NCV