

When times  
are dark ...



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## You're not alone

There are times when everything seems to go wrong in your life. It could be anything from the death of a loved one, divorce, a broken friendship to losing your job. These losses or disappointments can leave you feeling sad, helpless and resentful.

## God cares about you

He heals the broken-hearted  
and bandages their wounds.

[Psalm 147:3](#)

He will take care of his flock  
like a shepherd;  
he will gather the lambs together  
and carry them in his arms;  
he will gently lead their mothers.

[Isaiah 40:11](#)

“He will wipe away all tears from their eyes. There will be no more death, no more grief or crying or pain. The old things have disappeared.”

Then the one who sits on the throne said, “And now I make all things new!”

[Revelation 21:4-5a](#)

## Calm in the eye of the storm

In times of trouble our emotions get the better of us. We get stressed while blaming God for letting us down. Yet He assures us of his constant presence and calms our inner turmoil:

For God has said, "I will never leave you; I will never abandon you." Let us be bold, then, and say,

"The Lord is my helper,  
I will not be afraid.  
What can anyone do to me?"

[Hebrews 13:5b-6](#)

"I have told you this so that you will have peace by being united to me. The world will make you suffer. But be brave! I have defeated the world!"

[John 16:33](#)

## Seeing the light

When we hurt, we tend to dwell on all that is wrong and see no way out. Yet the Bible encourages us to look on the brighter side of things and to put the past behind us:

Put your heart right, Job.  
Reach out to God.  
Put away evil and wrong  
from your home.  
Then face the world again,  
firm and courageous.  
Then all your troubles will  
fade from your memory,  
like floods that are past  
and remembered no more.  
Your life will be brighter  
than sunshine at noon,  
and life's darkest hours  
will shine like the dawn.

[Job 11:13-17](#)

**\*Scripture verses taken from the  
Good News Bible.**



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