

# Healing *for the* Hurt



*Transform Children to  
Transform Their World*

PART OF THE DAVID  COOK MINISTRY FAMILY

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## Day 1

### Our Help in Times of Rejection

We often think of the desert as a barren place where nothing can grow. But for Hagar, the desert brought life. After a jealous Sarai banished Hagar from Abram's house, Hagar was left with nowhere to go and no one to help her. Alone and afraid, she fled to the desert with her young son, waiting to die.

But in the desert, the Lord came to her. He saw her. When she was rejected and afraid, He knew her and called her by name. When she saw nothing but despair, the One who sees brought her hope. God met her in her desperate situation and promised a future for her and for her child. Though we do not know if Hagar chose to follow God, He still loved and protected her. In His sight, she was precious.

Think of a time you felt as though you were lost in a lifeless desert. Even there, God saw you—just as He sees you today in whatever circumstance you may face. You are known by the One who sees all, and He loves you! You are not rejected and alone. You are precious in God's sight! In the deserts of our lives, we can always find the God who sees us. He never fails to bring life and hope.

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*[Hagar] gave this name to the LORD who spoke to her:  
"You are the God who sees me," for she said,  
"I have now seen the One who sees me."  
Genesis 16:13*

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## Day 2

### Our Help in Times of Fear

When God called Gideon a “mighty warrior,” Gideon may have wondered if God knew who He was talking to. Gideon’s family was the weakest in the region, and Gideon was the youngest in his family. Gideon lived in constant fear. In fact, he was hiding in a winepress when God delivered this message.

But God knew Gideon, and soon Gideon began to believe what God had said about him. Gideon learned to trust in God and found victory over his fear. He became the mighty warrior that God had always known he would be and led Israel to win the battle with the Midianites against impossible odds and with their faith in God as their only real protection.

Have you ever doubted God’s presence in your life? Have you ever experienced fear as you faced an impossible challenge? Do not be afraid! The same God who conquered the Midianites with torches, jars, and trumpets will give you a battle plan. Believe who He says that you are and what He can do through you! He will help you to conquer fear and doubt. The Lord is with you, mighty warrior! You can put your trust in Him.

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*When the angel of the LORD appeared to Gideon,  
he said, “The LORD is with you, mighty warrior.”*  
Judges 6:12  
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- **How has God shown His provision in your life? Thank Him for helping you to conquer your fears!**
  
- **What is one thing you can do to connect your view of yourself to God's view of you? Try it today!**

## Day 3

### Our Help in Times of Desperation

We have all experienced urgent needs that put us in a place of desperation. We wonder how we will get through the challenges, the anxiety, or the pain that lies before us. In our humanness, we may try to tackle the problems with our own strength, often yielding only disappointment or fear. If the challenge seems too great, we may give up, leaving us feeling hopeless, powerless, and isolated. Surely no one else has ever experienced this!

But in our times of desperate need, we are never alone. The Bible promises that we can draw near to the One who knows all of our needs and He will provide help. He is our protector, and He will answer us when we call His name. When we feel that we are beyond His reach, He holds fast to us in love. He will never leave us.

Think of the last time you experienced great need. Did you rely on your own strength and intelligence to solve your problems? Or did you turn toward God to ask for His help? While our human solutions may be helpful, true help comes from God. Call on the One who answers. Reach out to God, whose provision is greater than you can ever expect or imagine. He is with you. His merciful help and gracious love are endless.

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*“Because he loves me,” says the LORD,  
“I will rescue him; I will protect him,  
for he acknowledges my name. He will call on me,  
and I will answer him; I will be with him in trouble,  
I will deliver him and honor him.”*

Psalm 91:14–15

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- **What are some small ways that God has shown that He is your help in times of desperation? Praise Him for His care for you!**
  
- **Think of one way you can lean on the Lord in an area of weakness and ask Him to help you to trust Him more fully.**

## Day 4

### Our Help in Times of Discouragement

Sometimes life is like a race—and we often feel like we're losing. When we face trials, it may seem easier—even better—to give up. We may grow frustrated with God, feeling that we have waited long enough for our difficult situations to end. We may grow weary, feeling that we have done everything we can to get through. Exhausted, we may wonder how we can continue.

But in every race, there is a prize, and the one Paul refers to in this passage is a deeper relationship with Jesus. In our situations of greatest pain, when we have come to the end of our own strength, we learn and grow. As our own strength ebbs away, we begin to rely on the Lord's strength...and finally the burden lightens. We begin to see that the end of the race is in sight, and that Jesus is running alongside us, always encouraging, always loving, and always comforting.

Think of a time when you persevered through a time of discouragement. What new strengths did you discover in yourself? How did God shape you through that challenging time? As you face new challenges, be patient. Watch as God develops new strengths in you. As you press on toward the goal, remember His faithfulness. Put your trust in Jesus, who can help you to forget what lies behind. As you strain forward to what lies ahead, hold on to His promises. Focus your eyes on the One who calls us onward and upward and draws us closer to Him. He will give you the patience to persevere in even the most difficult situations.



## Day 5

### Our Help in Times of Grief

Grief is a very real part of life, and it is not limited to losing a loved one to death. We grieve unmet expectations and dreams. We grieve the loss of jobs, challenging relationships, difficult changes in circumstance, and even natural beginnings and endings, such as retirement or children growing older.

When we grieve for someone or something we care deeply about, our emotions can be overwhelming and unexpected. We may feel as though the darkness is closing in and we will never see the light again. Sometimes we grieve by weeping and wailing and crying out to God. Other times, we keep our emotions hidden, appearing to others as though nothing has happened. We may feel isolated, as though no one understands or cares about our pain. But even in the darkest valley, God walks with us.

What emotions do you feel in your grief? Do you feel alone? Thank Him for being with you always. Do you feel angry or betrayed? Thank Him for hearing your cries of pain and frustration. Are you overcome by intense sadness? Thank Him for being near to the brokenhearted. When Lazarus died, Jesus wept even though He knew that Lazarus would live again. In your grief, the God of all comfort weeps with you. He promises to walk with you, even in the darkest of valleys.

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*Even though I walk through the darkest valley,  
I will fear no evil, for you are with me;  
your rod and your staff, they comfort me.*

Psalm 23:4  
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- **How has God shown His love when you are grieving?  
Celebrate His eternal gift of hope!**
  
- **What is one thing you have to be hopeful about even though you are in pain? Remember it when you are hurting and allow God's hope to overcome your pain.**

## Day 6

### Our Help in Times of Regret

We all make poor choices and hurt others. Because of our sin, we often find ourselves living imprisoned by the guilt, shame, and regret in our own hearts and minds. Each bar of our prison is built with a careless word, an unkind choice, a selfish act, or a hurtful argument. As we replay these moments in our heads, the prison door slams shut—and we may feel as though we will never again be free to experience peace.

But there is help in times of regret. The Lord promises that there is no condemnation for those who are in Christ Jesus—and His promises are always true. By His death and resurrection, He restored our relationship with Him. He can redeem our poor choices and our relationships with others as well, if we trust Him. He will bring peace to our troubled hearts.

Has regret stolen your freedom? Make a list of the regrets that imprison you. Then take them to God. Ask Him for forgiveness—and ask Him to help you to forgive yourself. Invite the Holy Spirit to replace your guilt and shame with His peace and freedom. Step out of your prison! You can trust Him to bring you freedom from your regrets.

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*Therefore, there is now no condemnation  
for those who are in Christ Jesus*  
Romans 8:1

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- **How has God shown His love and forgiveness in your life? Trust Him with the choices you regret having made.**
  
- **What is one thing you can do to bring reconciliation for a choice you regret? Ask God to give you the strength to take the first step.**

## Day 7

### Our Help in Times of Isolation

There are times in our lives when we feel horribly and desperately alone. We feel no one cares, no one understands, no one can help. We feel we are walking alone with no one to help us carry the burden or clear the path. And in these feelings of isolation, we often isolate ourselves even more, drawing further and further within ourselves instead of reaching out to others for help.

The writer of this psalm was desperately seeking God—yet God was quiet. The psalmist cried out and wondered if he was abandoned and alone. But then he remembered who God is and knew that he was never alone, no matter what challenges he faced. He remembered that God had guided His people out of Egypt to safety—making a path through the Red Sea, even though His footprints were unseen.

Have you ever cried out for God but felt you could not hear His voice? Think about the last difficult situation God brought you through, and consider God's faithfulness. Remember how He led you through the seas of confusion and uncertainty. He is as powerful today as when He parted the Red Sea. The God who works wonders has made a path for you, even when you cannot see His footprints. Spend a few minutes thanking God for His guidance in every difficulty you face.

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*I cried out to God for help; I cried out to God  
to hear me.... Your ways, God, are holy.  
What god is as great as our God? You are the God  
who performs miracles ... Your path led through  
the sea, your way through the mighty waters,  
though your footprints were not seen.*

Psalm 77:1, 13–14a, 19

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- **Where has God left footprints in your life—even in times of isolation? Call out to Him and thank Him for His love!**
  
- **What is one way you can connect with others when you are feeling isolated? Start doing it today!**

## Day 8

### Our Help in Times of Suffering

Have you ever swum across a lake or river? As you leave the shore, you may be excited. But as you begin to tire, it is more difficult to keep your head above the water. You may feel impatient or frightened. Suffering is similar. When we struggle through challenges, at first we may be full of energy and hope. But as we tire, despair and disappointment may take over. Our challenges may threaten to overwhelm us.

But when we are drowning in the face of challenges, we have a lifeline. The God who created the waters is with us and holding us up. Through the Holy Spirit, He buoys our hearts with His great love. And He promises that when we reach the other side, we will find hope—the kind that does not disappoint...the kind that comes only from faith in the One who suffered and died to save us.

Think of a time you felt as if you were drowning in despair or difficulty. What helped you to keep going? As you go through the deep waters of suffering, rejoice in the hope that there is One who will always be with you. He will use your suffering to produce hope. So spend a few minutes praying about your difficulties. Then thank Him for each and every one of them. Though the journey of suffering may be a painful one, the hope He brings is beyond compare.

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*Not only so, but we also glory in our sufferings,  
because we know that suffering produces perseverance;  
perseverance, character; and character, hope.  
And hope does not put us to shame, because God's  
love has been poured out into our hearts  
through the Holy Spirit, who has been given to us.*

Romans 5:3–5

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- **How has God shown His heart for you when you were suffering? Praise Him for being your rescuer!**
  
- **What is one thing that brings you hope when you are hurting? Put your focus on that hope and the One who has given it to you.**

## Day 9

### Our Help in Times of Need

When we face situations of difficulty, we often try to carry the heavy weight on our own. We use our own strength to bear the burden of our troubles—and we often become overwhelmed by the weight. But the Lord has called us to carry each other's burdens so that we can help each other and become more like Christ.

We are created for fellowship. As the creation of Adam and Eve shows us, we were not meant to be alone. And in God's perfect provision, we never are. Not only is God always with us in our times of need, but He has provided another way to lighten our burdens—leaning on those around us and asking them to carry the weight with us.

Do you have someone in your life who helps you to bear the weight of life's difficulties? Someone who will always speak the truth to you in love and stand with you when the burden is too heavy to bear? To truly fulfill God's plan for your life, you need to learn to help others and to allow others to help you. So, the next time help is offered, accept it. Don't think that needing help is a sign of weakness. Instead, remember that it is God's grace extended through human hands. He wants us to carry the burdens of life together so that we can truly know His great love for us.

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*Carry each other's burdens,  
and in this way you will fulfill the law of Christ.  
Galatians 6:2*

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- **Who has God brought into your life to help you to carry your burdens in times of need? Thank God for the gift of help!**
  
- **What is one thing you can do to help someone else in need? Do it today!**

## Day 12

### Our Help in Times of Hopelessness

When we go through long seasons of trials, difficulties, pain, or loss, it is not uncommon to reach the point of feeling weary even of life itself. Even such great men of faith as Paul, Moses and Elijah reached this desperate place. But the Bible tells us that God gives us life and determines the number of our days. His plans for us are good. And we can have hope that His future for us is bright, even when we do not see it.

The Bible tells us what to do when we are at the end of our hope—stop relying on ourselves and put our hope on God who raises the dead. When our own strength is insufficient, His never fails.

Have you felt pressure beyond your ability to endure? Have you experienced so much despair that you felt as if you would welcome death? Ask God to draw you close. Then, even when you feel so broken that you cannot look up, feel the comforting assurance that He is faithful and that He is with you.

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*We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.*

2 Corinthians 1:8a–9

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- **Think of a time you have felt utterly hopeless. How did God show His love? Thank Him for his comfort!**
  
- **What is one way you can help to bring hope to others? Pray for God's wisdom and reach out to others who are hurting.**

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