

## PAIN AND LONELINESS AT CHRISTMAS

Written by admin

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***"He heals the brokenhearted and binds up their wounds". Psalm 147:3***

Not everyone is rejoicing this Christmas season. Some are struggling with grief after the loss of a loved one; others have a major illness; others are suffering unemployment and financial hardship; some have broken relationships; and some are alone with no family or friends to celebrate with. Maybe you are one of them and you are wondering how you can celebrate the birth of the Savior in the midst of all the turmoil and pain in your life.

You need to keep in mind that the Lord still loves you despite what you are going through. The name of Jesus is also Immanuel which means "God with us". He knows all about it: he lived as a human being and understands the suffering of a human being. He even wept at the death of his friend Lazarus and empathized with his sisters, family and friends. f the people. The Bible says in Hebrews 2:18

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*"Because He Himself suffered when He was tempted, He is able to help those who are being tempted."*

You should therefore not let your suffering separate you from God. Let it draw you closer to him. He is the life and the resurrection. He will carry you through your troubles if only you trust him and lean on his strength. Be still: pray, and the peace and joy from God that knows no understanding will be yours and you will be able to see the silver lining, and the light at the end of the tunnel.

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***"Count the garden by the flowers, never by the leaves that fall. Count your life with smiles and not the tears that roll". Author Unknown***

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