**Day 1**

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| **Faith Fact**God helps me when bad things happen.**Faith Verse**[Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)For I can do everything through Christ, who gives me strength.**Question of the Day: Where can I find comfort?** |

**Read about It**

**Read:** [2 Corinthians 1:3–7](https://ref.ly/logosref/Bible.2Co1.3-7)

When bad things happen or when people are sad, they search for comfort in many places. Some may cuddle up with their favorite blanket. Others may go for a walk or a run. Some may listen to music or talk to a friend. Although these things may be of some value, none of them can compare to the comfort God provides.

God is the source of all comfort. He has a plan and purpose for our life, and, sometimes, for reasons only known to Him, He allows bad things to happen. He uses these times to draw us closer to Him and to strengthen our faith. He also uses these events in our life to give us opportunities to encourage others who may face similar situations. We can receive comfort from God, and we can direct others to Him to receive the comfort they need.

**Talk about It**

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| **Question 1.** How do you respond when you’re sad or when bad things happen?**Answer 1.** Answers may vary. |
| **Question 2.** Who is the source of all comfort?**Answer 2.** God, our merciful Father ([2 Corinthians 1:3](https://ref.ly/logosref/Bible.2Co1.3)) |
| **Question 3.** How can God use us to bring comfort to others?**Answer 3.** “He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.” ([2 Corinthians 1:4](https://ref.ly/logosref/Bible.2Co1.4)) |
| **Question 4.** When you are going through a difficult time, why should you go to God for your comfort?**Answer 4.** God is the source of all comfort. ([2 Corinthians 1:3](https://ref.ly/logosref/Bible.2Co1.3)) |
| **Question 5.** How may God want to use you to comfort those around you?**Answer 5.** Answers may vary. |

**Pray about It**

God, thank You for the comfort You bring. Thank You for always being there for me. Help me to always share Your comfort with those around me. Amen.

**Day 2**

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| **Faith Fact**God helps me when bad things happen.**Faith Verse**[Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)For I can do everything through Christ, who gives me strength.**Question of the Day: Why should I care about other people suffering?** |

**Read about It**

**Read:** [1 Corinthians 12:25–27](https://ref.ly/logosref/Bible.1Co12.25-27)

In the middle of the night, you decide to get out of bed and walk to the kitchen for a drink of water. All the lights are out and it’s completely dark in your house. As you stumble through the living room, “Bam!” Your toe smashes into something. Immediately, your whole body reacts. Your mouth says, “Ouch!” Your back bends and your hand grabs your throbbing toe.

The church should operate like that when someone hurts. When people suffer, the church body should react to support them and to care for them. God expects His people to care for each other and support each other through both good and bad times.

**Talk about It**

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| **Question 1.** Why should I care when another person is suffering?**Answer 1.** Because if we are part of God’s family, it’s natural for us to feel pain when another part of the family is suffering. |
| **Question 2.** How can I treat others as I’d like to be treated during hard times?**Answer 2.** Answers may vary. |
| **Question 3.** How does another person’s suffering affect me?**Answer 3.** When one part of the body suffers every part suffers. ([1 Corinthians 1:26](https://ref.ly/logosref/Bible.1Co1.26)) |
| **Question 4.** How does God want me to help those who are going through hard times?**Answer 4.** Answers may vary. |
| **Question 5.** Why do you think it is important to care for those who are suffering and rejoice with those who are rejoicing?**Answer 5.** Answers may vary. |

**Pray about It**

Jesus, help me to be mindful of those who are suffering. Help me care for them and encourage them. Amen.

**Day 3**

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| **Faith Fact**God helps me when bad things happen.**Faith Verse**[Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)For I can do everything through Christ, who gives me strength.**Question of the Day: Does Jesus understand my suffering?** |

**Read about It**

**Read:** [Hebrews 2:16–18](https://ref.ly/logosref/Bible.Heb2.16-18)

Have you ever tried telling a funny story to someone who didn’t see the event as it happened? They may have found the story mildly amusing, but not nearly as funny as those who saw it. Or maybe you’ve tried describing something incredible to someone, but they just weren’t getting it because they didn’t experience it with you.

Jesus understands what we’re feeling when bad things happen because He suffered when He lived here on earth. He endured the emotional pain of being misunderstood by His family ([Mark 3:20–21](https://ref.ly/logosref/Bible.Mk3.20-21)), unfair public criticism including death threats, betrayal by close associates, and a wrongful conviction and death sentence. Physically, He endured hunger, travel over long distances in harsh conditions, being physically beaten, and being publicly executed in a slow, brutal manner. He is no stranger to pain and heartbreak, so who better do we have to go to when we face difficulties ourself? Suffering is a part of life, and, at some point, everyone faces trouble. However, God is merciful and is always faithful to help us.

**Talk about It**

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| **Question 1.** Through what special job does Jesus show us mercy?**Answer 1.** High priest ([Hebrews 2:17](https://ref.ly/logosref/Bible.Heb2.17)) |
| **Question 2.** What trouble did Jesus experience as a human?**Answer 2.** He was misunderstood, unfairly criticized, betrayed, beaten, and executed. |
| **Question 3.** How does Jesus understand my suffering?**Answer 3.** Because He himself suffered when He was here on earth, He can help us when we face difficult times. ([Hebrews 2:18](https://ref.ly/logosref/Bible.Heb2.18)) |
| **Question 4.** What connections do you see between things you are facing and things Jesus faced?**Answer 4.** Answers may vary. |
| **Question 5.** How can knowing Jesus understands what you’re going through change how you face and react to difficult situations?**Answer 5.** Answers may vary. |

**Pray about It**

Jesus, thank You for coming to earth and sharing in our suffering. When I face difficulties, help me to always turn to You knowing that You love me and want the best for me. Amen.

**Day 4**

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| **Faith Fact**God helps me when bad things happen.**Faith Verse**[Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13) (NLT)For I can do everything through Christ, who gives me strength.**Question of the Day: How does God help me face bad things that happen to me?** |

**Read about It**

**Read:** [Philippians 1:27–30](https://ref.ly/logosref/Bible.Php1.27-30)

Do you know how lions hunt other animals? Lions target animals that are separated from their herd, isolated and alone. The lions stalk their target, stealthily creeping closer until they are within striking distance. It’s important for herds to stay strong together to survive.

Satan, our enemy, would like us to feel as if we are going through something unique and there’s no one we can talk to. This is a trick, a lie to separate us from other believers who can provide support and encouragement. Even when we suffer, we can trust Jesus to always be there for us and to understand what we are facing. He knows how we feel because He, too, has suffered. When we share our struggles with other believers, they can encourage us, pray with us, and help us keep our focus on God. They can also tell us how God has helped them through something like what we’re facing.

**Talk about It**

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| **Question 1.** How can having other believers around us when we are going through hard times be helpful?**Answer 1.** They can provide support and encouragement. They can tell us how God helped them through something like what we’re facing. |
| **Question 2.** Who will ultimately save us regardless of difficult times?**Answer 2.** God ([Philippians 1:28](https://ref.ly/logosref/Bible.Php1.28)) |
| **Question 3.** What kinds of struggles can you share with other believers?**Answer 3.** Answers may vary. |
| **Question 4.** Who points you to God in your difficult times?**Answer 4.** Answers may vary. |
| **Question 5.** How can you encourage others who are going through difficult times?**Answer 5.** Answers may vary. |

**Pray about It**

Jesus, thank You that I am never alone, not even in difficult times. Help me to reach out to other believers when I am struggling and help me to give godly support to those who reach out to me. Amen.