Looking for Light

A Dialogue with God



Did you know there are three important characters in the Bible who expressed suicidal thoughts?

Job's life was tragically torn apart and he longed to die.
(JOB 3:11, 13, 20-23)

Elijah felt completely abandoned and wanted God to take his life. (1 KINGS 19:3-4)

And Moses was so weighed down by expectations that he prayed God would kill him. (NUMBERS 11:15)



God knows how we struggle in life.

And He cares so much that on the cross where He was crucified, He went into the prison of our pain, endured it—then broke out of it, carrying the keys to that prison with Him!



Now there's a way for every single one of us to escape the despair that life sometimes brings us.

The pages that follow offer a chance to dialogue with God, the One who created you, knows everything about you, and loves you.

He understands your pain and is offering you comfort—and a way out of the darkness...into the light.

ACKNOWLEDGMENT



God, I am tired of feeling miserable.

I just feel like crying.

Why do I feel so hopeless?

I am worn out from my sobbing. All night I flood my bed with weeping, drenching it with my tears. My vision is blurred by grief; my eyes are worn out...

PSALM 6:6-7

How long must I struggle with anguish in my soul, with sorrow in my heart every day?...Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die.

PSALM 13:2-3

Then Jesus wept.

JOHN 11:35

COMFORT



Does anyone care about me?

Would anyone notice if I was gone?

No one understands what I am going through.



The Lord is close to the broken-hearted; he rescues those who spirits are crushed.

PSALM 34:18

Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

ISAIAH 41:10



"What is the price of five sparrows – two copper coins? Yet God does not forget a single one of them. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows."

LUKE 12:6-7

Give all your worries and cares to God, for he cares about you.

1 PETER 5:7



Will things get better?

Will I ever be happy again?

How can I see light through this darkness I'm in?

"So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy."

JOHN 16:22

God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love – not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

1JOHN 4:9-10

"for the Father himself loves you dearly..."

JOHN 16:27

I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.

ISAIAH 43:19

You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent. O Lord my God, I will give you thanks forever!

PSALM 30:11-12

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