

# WHEN THINGS FALL APART

## Lessons Learned in Sadness

### Learn To look for God's Goodness:



#### Provision

- Godly wisdom — sometimes in unexpected places
- Fellow believers, a community of support
- People placed in your life who share the experience



#### Protection

- Closed doors
- Timing
- Truth-tellers
- Professional anchors

*By recognizing — and looking for — the ways in which the **LORD** had provided and protected our son throughout this situation, we could **SEE** God's goodness and point to **TRUTH.***

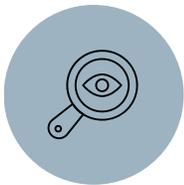


### How God Led Us To Healing:



#### Community

God doesn't expect us to bear our burdens alone. Prayer is powerful and knowing that others were praying for us — for our son — eased the burden.



#### Transparency\*

"When we walk in transparency, it encourages others and shows God's strength." — Lisa Clark

\*Be discerning. Not everyone needs, or deserves, to be privy to the details.



*"Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say 'My tooth is aching' than to say 'My heart is broken.'"*

C.S. Lewis

### Ways To Help the Child Who Is Hurting:



#### Be Interruptible

A willingness to listen — to pause whatever you are doing — often is the best gift you can give.



#### Encourage Support

Isolation is not helpful or healthy. Professional support, care groups, and a community of trusted, supportive friends make all the difference.



#### Listen > Speak

Be prayerful in what you say, asking the LORD for wisdom and discernment. Be the "safe" place for your child to share without filter.

In all things — and in all situations — God redeems ALL that he allows. (Romans 8:28)

Need prayer or encouragement? Feel free to reach out.

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### God sees.

Wrongs will be made right. God does not forget us in our suffering or turn His back on us. (1 Peter 3:12)

### God is good even when life is not.

God doesn't require or call us to be strong on our own — to power through challenges or hard things; he tells us simply to be strong in Him...to stand firm in Him. (Ephesians 6:10-11) As Isaiah 41:13 reminds us, "For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you."

### God is in the details.

When the world feels like it's falling down around us, we can rest in God's sovereignty knowing that His plans will prevail. (Isaiah 25:1, 8)

### God is personal.

"I have heard your prayers; I have seen your tears" (Isaiah 38:5). These words spoken to King Hezekiah still speak to us today. God is compassionate. He cares for His children; he acts on our behalf.

### The LORD redeems and comforts.

God is there. He cares for us, and our suffering invites healing. Look for him and let him move. "The LORD is near to the brokenhearted" (Psalm 34:18); he heals [them] and binds up their wounds." (Psalm 147:3). "The deepest things I have learned in my own life have come from the deepest suffering. And out of the deepest waters and the hottest fires have come the deepest things I know about God." - Elisabeth Elliot

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## RESOURCES

**denisonforum.org:** Dr. Jim Denison offers many helpful resources to help you think biblically about many sensitive topics.

**"Seasons of Suffering: Reflections on Doubt, Grief, and Mental & Spiritual Healing"** by Shelby Tsika Marquardt

**Spotify Playlist: Encouragement in the Storm**



"There are many things in life that explain me but don't define me." - Unknown