

TITLE:  
A HEALING PRESENCE

Think about someone who is hurting. Are they struggling through depression? Have they lost their job? Had a miscarriage? The last thing they want to hear is, “you’ll get through it,” or isn’t it time you get over this and move on?”

People need time to feel their pain. They don’t need a bunch of clichéd platitudes, pep talks, or shallow advice. Words cannot deliver instant healing. We can’t fix complex problems with simple solutions.

This week, everything will turn bad for Jesus. “Hosanna” will turn to “Crucify him!” One of his own will sell him out. Others will fall asleep when he needs them. And the one you’d never expect will deny him three times. Jesus understands pain.

When someone close to me has been hit with a barrage of troubles, I won’t turn my back on them. I will. After things I’ve been through, I understand how to help others in pain. I will start with a hug. Hold their hand. Acknowledge what they’re going through. Listen. Being there heals far better than unwelcome words from me!

### **Conclusion**

#### Make it real.

The most soothing care comes from my physical presence, and listening, ear. Let the person cry and get angry. Then hand them a tissue.

Take it to God.

Dear Jesus, help me to be a listener, when people are hurting.

**Amen**