BRING YOUR PAINS TO JESUS



Jim could never trust anybody – not his parents, wife, or children. He had been hurt so badly in life that he became suspicious of everyone. It was his way of protecting himself from further hurt. But was he happier? Well, no. It seemed like he was always carrying around a heavy heart, full of life's issues and waiting to burst.

This was not how God intended for us to live through life. But we all suffer from the consequences of sin – our sin and that of others. That is why it could be hard to find true love, unfailing trust, unwavering loyalty, enduring patience, or deep-hearted forgiveness.

In Matthew 11:28-29, Jesus invites us to true rest in Him. "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

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In Psalm 147:3, the Bible says, "He heals the brokenhearted and binds up their wounds".

In Isaiah 53:4-5, the Bible says, "Surely He has borne our griefs and carried our sorrows...He was wounded for our transgressions; He was bruised for our iniquities..."

Sin is the major reason for the hurt we experience in our world. But when we return to God, by confessing our sins, He helps us with our pains, leading us to find true rest. Jesus died and rose again to set you free. Confess your sins to Him. 'For whoever calls on the name of the LORD shall be saved' (Romans 10:13).

Have you found true rest from your pains and hurt? Let Jesus fill your heart with His love today.

Start by confessing your sins and ask God to forgive you.

'If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness' (1 John 1:9).

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