

Hope for Hurting Parents

When the pain is too deep to be alone...

1. **God is in control.** He is Sovereign, no matter how things may look. (Isaiah 14:24; Psalm 40:5)
2. **There is always hope.** As long as my child is still breathing, there is still hope and God is the source. (Psalm 62:5)
3. **I will survive** this because the Lord is my help and strength. He will sustain me. (Psalm 46:1-2; 54:4)
4. **God loves my child even more than I do**, therefore I can be assured He will do whatever it takes to try to reach him/her. (John 3:16)
5. **God is able.** He can do the impossible. Nothing is too hard for Him. (Mark 10:27)
6. **I still need to express gratitude.** It's God's will for me. (1 Thessalonians 5:17)
7. **I can trust God in everything** – even with the very life of my child. (Proverbs 3:5)

I wrote my list on an index card and keep it in a special place. When I feel weary, I pull out the card and read it again. Again and again I go over my list. It's so comforting. The list becomes my prayer.