

HOW CAN I COMFORT HER?

LESSON 161 → Genesis 28:10-19; 32:24-30; 33:1-4



*Lydia was
distressed by
Grace's troubles
at home and
wanted to help.*



JESUS IS MY COMFORT.

I, even I, am he that comforteth you. — Isaiah 51:12

L Lydia and Grace walked slowly up the pathway in the early autumn sunlight. As best friends, both valued these morning walks to school as their time to visit with each other.

“Things are just awful at my house,” Grace spoke sadly. “Mom and Dad had another fight last night—they fight almost every night. I have to plug my ears to get to sleep. I can’t stand to hear the terrible things they say to each other!” She stopped as her eyes filled with tears.

Lydia nodded sympathetically. Her own home was so happy and full of love it was hard for her to imagine what her friend was going through.

“What will happen if they get a divorce, Lydia?” asked Grace, her face tense and white. “It really scares me. What will happen to us?”

“Don’t worry, Grace. God will take care of you. He will help you no matter what,” Lydia tried to encourage her friend. Inside she was praying, Dear Lord, what can I say to make her feel better? She is so frightened for her family. What can I do to help her?

All during her classes that day, Lydia’s thoughts went back to Grace and the problems she was facing. Lydia knew that her friend loved and obeyed God. Ever since Grace had gotten saved at a youth meeting a little over a year ago, she had been so excited—telling people about Jesus and inviting them to church. Seeing her in need like this made Lydia want to comfort and help her.

That evening, as Lydia was curled up on her bed reading her Bible, she suddenly realized that only God could give Grace the comfort she needed through this hard time. She came across the verse in Isaiah where God said, “I, even I, am he that comforteth you.” That gave her an idea!

I’ll copy down all the Scriptures I can find on comfort from the Lord. Then when Grace is afraid or upset, she can read them and be comforted by His words.

Jumping up from her bed she dug through her desk for a piece of paper and a pencil. She set to work and soon had a page full of Scriptures.

The next morning Lydia was all prepared.

“Grace, even though I’m your good friend, I don’t think there’s much I can say to make you feel any better about what’s happening between your parents.” She smiled and handed her the sheet of Scriptures. “Here is something that will help, though. Look at this!”

Grace took the paper Lydia held out and looked at it curiously. She read aloud the first line. “I will not leave you comfortless: I will come to you’ (John 14:18). That’s from the Bible . . . oh, they all are!” she said, glancing down the rest of the page. She studied the list in silence for a moment, and then looked back at her friend. “I know that everything God says is true, Lydia. I guess I’ve forgotten about His promises since I’ve been so upset—and right when I needed them most!”


That very afternoon, during her English class, something said in reference to the short story they were reading brought the thought of her parents’ angry voices to Grace’s mind. She felt the familiar feeling of dread begin to creep into her heart. Then she remembered the list Lydia had given her. Reaching into her notebook, she brought out the verses and read, “Blessed are they that mourn: for they shall be comforted.” As she thought about the verse, the fear gradually subsided. O Jesus, she thought, thank You for being so close and comforting me. Help me to remember that You will always take care of me.

Do you have fears and worries like Grace had?


Do you have problems that seem way too big for you to handle? Trust God! Ask Him to help you, and take comfort in His strong, sheltering arms. If you belong to the Lord, you have the promise that you will be comforted in all the hard places of life.

IT'S A BIG HELP!

God offers comfort to all who love and obey Him. Below are three verses concerning God and comfort. Cross out all the Q's, X's and Z's and write the rest of the letters (which compose the verses) on the lines provided. Can you memorize them?



I Q Z W I Q X K L Z L Q N O Z X T Q L E A K Z V E Z
Y O Q U X C O M Z F O Q R T Z L E Z S Q S,
X Z I Q W Q I Z L Q L C O Z M Q E Z X T Z O Q Y Q O Z U.
Q X J Z Q O X H Q Z N X Z 14:18



I, Q E V Z E X N I,
Q A Z M Q H E Z T H X A Z T X C O Z M Q
F O Z R X T Z E Q T Z H Q Y Q O Z X U.
I X Z Q S K A Z Q I Z A X Q H Z X 5:12



Q Z W X H Q E X R Z E F X O R Z E Q C O M Z F Z
O Q R T Q Y O U Q R Z S E L X V Q E S Z T O G X E T H
Q Z E R A X N Z D Q E D I Z F Z Y O Z N X E Q A N O Z T
H Z E X R. I X Z T H Q Y K E Z S X S A K Q L
Z O K N I X A Z N Q S 5:11
