



What Are Some Practical Things I Can Do Every Day to Give Me Hope in My Pain?

Lament.

The Bible encourages us to candidly engage God and not silently pull away.

- Turn to God and be completely honest.
- Bring your requests to God boldly.
- Trust that God loves you and will use this for good.

Consider gratitude.

Write about what you can be grateful for:

- In this moment - for ordinary things like sunshine...
- From yesterday, as you reflect on the day's events.
- What God has done in the past, especially in other struggles.

Journal.

Journaling helps us process our emotions. Start with reviewing yesterday.

- Reflect on where you met God and where you felt close to him.
- Reflect on when you felt distant from God and why.
- Ask God to forgive you and help you forgive someone who has wronged you.

Do something for someone else.

This can change our perspective.

- Identify and pray for a friend who is struggling.
- Reach out via text, email or a short note. Have note cards with you so this is easy.
- If you are able, see if they can talk on the phone or meet in person.

Memorize Scripture.

Memorize a verse and keep repeating it. Three of my favorites:

- **Psalm 119:25** | "My soul clings to the dust; give me life according to Your word."
- **Psalm 56:9** | "This I know that God is for me."
- **Psalm 46:1-2** | "God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way..."