BIBLICAL COMFORT

For Survivors

Survivors need time and space to heal. While well-intentioned, platitudes or generic advice may not be the most helpful approach, scripture can be a great tool to help healing. Offer support by sharing theologically rich encouragement based on biblical passages that address pain, suffering, and God's unwavering love. Avoid minimizing their experience or suggesting that their pain is somehow beneficial. God often repurposes pain, but while someone is processing trauma, it's important to emphasize that what's happened is a grevious sin against God. Focus on providing comfort, understanding, and a safe space for healing.

Scriptural encouragement is essential. As Jesus followers, actions often speak even louder than just our words. As followers of Jesus, we are called to be His hands and feet, caring for the hurting and standing up for the vulnerable. Let's demonstrate our love and support through tangible actions that make a difference in the lives of survivors. Here are a few helpful examples:

**Psalm 9:9 "The Lord is a refuge for the persecuted,
a refuge in times of trouble."**

**Psalm 116:1-9 "I love the Lord because he has heard
my appeal for mercy. Because he has turned his ear to me,
I will call out to him as long as I live. The ropes of death were wrapped around me, and the torments of Sheol overcame me; I encountered trouble and sorrow. Then I called on the name of the Lord: "Lord, save me!" The Lord is gracious and righteous; our God is compassionate. The Lord guards the inexperienced; I was helpless, and he saved me. Return to your rest, my soul, for the Lord has been good to you. For you, Lord, rescued me from death my eyes from tears, my feet from stumbling. I will walk before the Lord in the land of the living."**

**Psalm 28: Lord, I call to you; my rock, do not be deaf to me.. If you remain silent to me, I will be like those going down to the Pit. Listen to the sound of my pleading when I cry to you for help, when I lift up my hands toward your holy sanctuary.
Do not drag me away with the wicked, with the evildoers, who speak in friendly ways with their neighbors while malice is in their hearts. Repay them according to what they have done—according to the evil of their deeds. Repay them according to the work of their hands; give them back what they deserve. Because they do not consider what the Lord has done or the work of his hands, he will tear them down and not rebuild them. Blessed be the Lord, for he has heard the sound of my pleading. The Lord is my strength and my shield; My heart trusts in him, and I am helped. Therefore my heart celebrates, and I give thanks to him with my song. The Lord is the strength of his people; he is a stronghold of salvation for his anointed. Save your people, bless your possession, shepherd them, and carry them forever.**

**Psalm 130:1-2 "Out of the depths I call to you, Lord! Lord, listen to my voice;
let your ears be attentive to my cry for help."**

Psalm 34:18 "The Lord is near the brokenhearted; he saves those crushed in spirit."

Psalm 51:12 "Restore the joy of your salvation to me, and sustain me by giving me a willing spirit."

Psalm 61:1-4 "God, hear my cry; pay attention to my prayer. I call to you from the ends of the earth when my heart is without strength. Lead me to a rock that is high above me, for you have been a refuge for me, a strong tower in the face of the enemy. I will dwell in your tent forever and take refuge under the shelter of your wings. selah"

Psalm 71:1-7 "Lord, I seek refuge in you; let me never be disgraced. In your justice, rescue and deliver me; listen closely to me and save me. Be a rock of refuge for me, where I can always go. Give the command to save me, for you are my rock and fortress. Deliver me, my God, from the power of the wicked, from the grasp of the unjust and oppressive. For you are my hope, Lord God, my confidence from my youth. I have leaned on you from birth; you took me from my mother's womb. My praise is always about you. I am like a miraculous sign to many, and you are my strong refuge.

Psalm 71:20-22 "Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honor and comfort me once more. I will praise you with the harp for your faithfulness, my God; I will sing praise to you with the lyre, Holy One of Israel."

Psalm 147:1-3 (CSB) "Hallelujah! How good it is to sing to our God, for praise is pleasant and lovely. The Lord rebuilds Jerusalem, he gathers Israel's exiled people. He heals the brokenhearted and bandages their wounds."

Matthew 5:4 (CSB) "Blessed are those who mourn, for they will be comforted."

Matthew 11:28-30 (CSB) "Come to me, all of you who are weary and burdened, and I will give you rest. Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

John 16:33 (CSB) "I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world.""

Philippians 4:6-7 (CSB) "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus."