

### HURTING IN SILENCE

Solomon wrote, “Even in laughter the heart is sorrowful; and the end of that mirth is heaviness” (Proverbs 14:13). Laughter may be a relief of some tension while suffering, but it is only a temporary escape. I have no way of proving my next statement, but I still believe it to be so. And that is, we would be totally amazed if we only knew of our family, friends, and people that we see each day, that hurt in silence.

Silent to you and I. However, to God there is no silent hurting. God hears the cry of the heart. He not only hears my friend, He cares and understands. No one has ever been hurt, misunderstood, or suffered in silence quite like Jesus did. This is the reason that the writer of Hebrews said concerning Jesus, “For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin” (Hebrews 4:15).

If you are hurting in silence, remember that God is sovereign in and over all human circumstances that befall us. And He knows those who hurt in silence.

Scripture: King James Version: Psalm 37:1-40; Isaiah 43:2; Romans 8:28; II Corinthians 1:3-4; Philippians 4:6-7.

By: Jerry W. Arnold  
All Rights Reserved