

HOW TO HELP A FRIEND IN DEEP PAIN

When You Don't Know What to Say

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"A friend loves you at all times, and is born as a brother for adversity."
Proverbs 17:17 (AMP)

"Laugh with your happy friends when they're happy; and share tears when they're down."
Romans 12:15 (MSG)

THE PRICELESS VALUE OF TEARS Why you need to learn to cry more often

1. TEARS ARE GOD'S _____ FOR EXPRESSING EMOTION.

- **God weeps.** Genesis 6:6
- **Jesus weeps.** John 11:35, Isaiah 53:3
- **The Spirit weeps.** Romans 8:26, Ephesians 4:30

TEARS ARE LIQUID EMOTIONS.

2. TEARS ARE WHAT MAKE US _____.

There Are Three Kinds of Tears: Basal, Reactive, and Emotional.

3. TEARS ARE A NORMAL & HEALTHY PART OF LIFE.

"There is a time for tears, and a time for laughter. There is a time for mourning and a time for dancing."
Ecclesiastes 3:4

GOD SAYS FEELINGS ARE MEANT TO BE FELT.

Tears are healthy for you physically, emotionally, relationally, and spiritually.

4. TEARS ARE A UNIVERSAL LANGUAGE.

Tears are far more powerful than words because every culture understands them.

"Rejoice with those who rejoice, and weep with those who weep."
Romans 12:15 (NASB)

**SYMPATHY says, "I'm sorry you hurt."
EMPATHY shows, "I'm hurting with you!"**

TEARS ARE A SIGN OF _____, NOT WEAKNESS.

"Mary said, 'Lord, if you had been here, my brother would not have died!' Jesus saw her weeping, and he saw how the other people were weeping too and his heart was touched. He was deeply moved. 'Where have you buried Lazarus?' Jesus asked. 'Come and see, Lord,' they said. JESUS WEPT. The people said, 'See how much he LOVED him!'"
John 11:32-36 (GNT)

5. GOD _____ EVERY TEAR THAT FALLS!

"Tears stream from my eyes, a well of tears. And you, God, look down from on high and see my tears."
Lamentations 3:49-50 (MSG)

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."
Psalm 56:8 (NLT)

HOW TO HELP YOUR FRIEND IN PAIN

1. DON'T WAIT: TAKE THE INITIATIVE TO CONNECT!

"When Job's three friends ... heard about all the troubles that had come upon Job, they left their homes and agreed to go together and sympathize with Job and comfort him."
Job 2:11 (NIV)

2. DON'T HOLD BACK: LET THEM SEE YOUR TEARS!

"When Job's friends saw him from a distance, they hardly recognized him. They BEGAN TO WEEP ALOUD. Then they tore their clothes in grief and threw dust into the air over their heads as a sign of sadness."
Job 2:12 (NIV/GNT)

3. DON'T SPEAK: SHOW UP & SHUT UP!

"Then Job's friends sat on the ground with him in silence for seven days and nights. No one said a word to him, because they saw how great his suffering was."
Job 2:13 (NIV)

4. DON'T FORGET: ALL TEARS ARE _____.

"The Sovereign Lord will destroy death forever! He will wipe away the tears from everyone's eyes and take away the disgrace his people have suffered throughout the world."
Isaiah 25:8 (GNT)

"Then the Lamb on the Throne will shepherd them and lead them to spring waters of Life. And God will wipe every last tear from their eyes."
Revelation 7:17 (MSG)

"Then God will wipe every tear from their eyes. There will be no more death and no more mourning and no more crying and no more pain — for the old order of things has passed away. Then he who was seated on the throne said, 'I am making everything new! Write this down, for these words are trustworthy and true.' He said to me: 'It is done. I am the Alpha and the Omega, the Beginning and the End. To him who is thirsty I will give to drink without cost from the spring of the water of life. He who overcomes will inherit all this, and I will be his God and he will be my child!'"
Revelation 21:4-7

1. gift 2. human 3. love 4. saves 5. temporary

如何幫助深陷痛苦的朋友

當你不知道該說甚麼時

華理克牧師

2022年6月4-5日

「朋友乃時常親愛，弟兄為患難而生。」 箴言 17:17 (和合本)

「與喜樂的人要同樂，與哀哭的人要同哭。」 羅馬書 12:15 (和合本)

無價的眼淚 為何你須要學習更經常哭泣

1. 眼淚是上帝的_____，用來表達情感

- 上帝會哭泣 創世記 6:6
- 耶穌會哭泣 約翰福音 11:35，以賽亞書 53:3
- 聖靈會哭泣 羅馬書 8:26，以弗所書 4:30

眼淚是動態的情感

2. 眼淚是我們的_____

三種類型的眼淚：功能性、反射性、情感性

3. 眼淚是正常和健康人生的一部分

「哭有時，笑有時；哀慟有時，跳舞有時。」 傳道書 3:4 (和合本)

上帝說：情感是用來體驗的

眼淚對你的身體、情感、關係和靈性上都是健康的

4. 眼淚是通用語言

眼淚遠比言語更強而有力，因每一種文化都能理解它

「與喜樂的人要同樂，與哀哭的人要同哭。」 羅馬書 12:15 (和合本)

同情心說：我很難過你受傷了

同理心展現：我和你一起傷心

眼淚是_____的標記，而非軟弱

「馬利亞說：『主啊，如果你早在這裏，我兄弟就不會死了。』耶穌見她哭了，又看見其他人跟她一起痛哭，就深感悲憤，極其難過，便問他們：『你們把他安放在哪裏了？』他們對他說：『主啊，請來看。』這時，耶穌哭了。站在旁邊的人便說：『你們看，他多麼愛拉撒路啊！』」 約翰福音 11:32-36 (新普及譯本)

5. 上帝_____每一滴眼淚

「我的淚水不止，不停地湧流，直到上主從天上俯視，看見我的淚水。」
耶利米哀歌 3:49-50 (新普及譯本/意譯)

「你記載我一切的憂傷，你將我的淚都收集在你的瓶中，這些都一一記錄在你的冊上了。」 詩篇 56:8 (新普及譯本/意譯)

如何幫助處於悲傷的人

1. 不要等待，主動聯繫

「約伯的三個朋友...聽說有這一切的災禍臨到他身上，各人就從本處約會回來，為他悲傷，安慰他。」 約伯記 2:11 (和合本)

2. 不要壓抑，讓他們看到你的眼淚

「三人遠遠看見約伯，幾乎認不出他來。他們放聲大哭，撕破外袍，將灰塵揚起，讓灰塵落在頭上來表示哀痛。」 約伯記 2:12 (新普及譯本)

3. 不要說話，只要現身並閉嘴

「他們就默默同他七天七夜坐在地上，一個人也不向他說句話，因為他極其痛苦。」 約伯記 2:13 (和合本/意譯)

4. 不要忘記，所有的眼淚都是_____的

「他(上主)已經吞滅死亡直到永遠。主耶和華必擦去各人臉上的眼淚，又除掉普天下他百姓的羞辱。」 以賽亞書 25:8 (和合本)

「因為寶座中的羔羊必牧養他們，領他們到生命水的泉源；神也必擦去他們一切的眼淚。」 啟示錄 7:17 (和合本)

「神要擦去他們一切的眼淚。不再有死亡，也不再悲哀、哭號、疼痛，因為以前的事都過去了。坐寶座的說：『看哪！我將一切都更新了。』又說：『你要寫上，因這些話是可信的，是真實的。』他又對我說：『都成了！我是阿拉法，我是俄梅戛；我是初，我是終。我要將生命泉的水白白賜給那口渴的人喝。得勝的，必承受這些為業。我要作他的神，他要作我的兒子。』」 啟示錄 21:4-7 (和合本)

1. 禮物 2. 人性 3. 愛 4. 保存 5. 暫時