## UNDERSTANDING COMFORT What does the Bible say?

Г	SUGGESTED SCRIPTURES	4
	PROVERBS 2:2-5	
	2 CORINTHIANS 1:3-11	
	MATTHEW 5:2-4	

God heals the brokenhearted and binds up their wounds.

**PSALM 147:3** 

As our creator, God knows our hearts and always knows best how to help us. All the answers to life's questions are in the Bible.

When we are grief-stricken, when we talk to God and read his word, we are comforted.

Prayer and Bible study are two powerful healing modalities God has offered to help sustain us in both good times and bad.

Scriptures provide nourishment for our heart and soul. Whether you feast on the Bible for food and prayer as a snack, allow both to nourish and sustain you when you're hungry for comfort and understanding.

## What does the Bible say about understanding and comfort?

Do you feel the Bible understands your loss? If so, what scriptures do you find helpful?

MY SCRIPTURES:						
MY ANSWER:						