

## Can I Trust God With This?

C.S. Lewis wrote in *Mere Christianity*, “**Comfort** is the one thing you cannot get by looking for it. If you look for truth, you may find comfort in the end. If you look for comfort, you will not get either comfort or truth — only soft soap and wishful thinking to begin with and, in the end, despair.”

When we’re reeling from the loss of someone we love, we look for something solid to grab hold of to find stability in a storm of sadness and confusion. Some of the things we grab hold of are profoundly true and therefore steady us in the storm. But some emanate from the shallow beliefs of our modern culture, instead of from the solid truth of God’s Word. They might sound nice, but they aren’t true- or maybe partly true. Some of the very spiritual-sounding things we say to ourselves, or hear others say in the midst of grief have no scriptural basis, some even contradict Scripture.

What are those eternally true things we can grab hold of in the midst of grief that serve as an anchor for the soul? What do we say to ourselves in between sobs, when we have more questions than answers, when the emptiness feels overwhelming, when anger is getting a toehold in our heart? The answer is “**I can trust God with this.**” There are so many implications from this truth that bring peace in the midst of grief’s chaotic thoughts and emotions.

***I can trust God*** with the timing of my loved one’s death?

***I can trust God*** with the way my loved one died?

***I can trust God*** with the unknowns about my future without him or her?

***I can trust God*** with my unanswered questions until faith becomes sight?

***I can trust God*** to heal the hurt and fill my emptiness?

***I can trust God*** to illumine, to bring light, into this darkness?

***I can trust God*** to restore joy to my life?

***I can trust God*** to speak, to continue the work of comfort through his Word?

***I can trust God*** to supply sufficient grace and power to face whatever comes?

***I can trust God*** to cause this to work together for my good and for others impacted by this, to conform us more closely to the image of Christ?

***I can trust God*** that Resurrection Day is real and it will be worth the waiting?

***I can trust*** that God knows who belongs to him, even if I don’t?

***I can trust*** that God will do what is right, even if I don’t know what God will do?

***I can*** put my trust in a God who is merciful and loves to save, even if I don’t know if my loved one trusted in that mercy or took hold of that salvation?

The psalmist (Psalm 42) poured out his complaint to God, but he also intentionally spoke to his own soul in both a questioning and instructive tone: “***Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.***” (Psalm 42:5) Rather than listening to

**NOTES OF ENCOURAGEMENT**  
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his own desperate thoughts, he spoke truth to his thoughts. Rather than believe his feelings, he challenged them. He preached truth and hope to himself. Two great applications that will help you.           Adapted