



# THE PRAYER CLOSET

Encouraging & Equipping Believers In  
Prayer

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VOLUME VII

MARCH & APRIL, 2004

ISSUE 2

## PRAYER AND PAIN

**Pain.** It's an inevitable part of life. You will experience it. And those around you will experience it. The world is full of hurting people – people whose hearts and lives have been touched with all kinds of adversity and suffering. You will even find hurting people in the church. The preacher Phillips Brooks once remarked that there is a broken heart on every pew.

The pain that people experience comes in a variety of forms. It stretches from the mildly annoying frustrations of life to the heartbreaking tragedies that alter the course of a life. Financial struggles, sickness, death, marital and family problems, job stress and change – you could go on naming numerous sources that bring hurt into the lives of people.

How do you help someone who is hurting? Through the years of serving in churches, I walked with numerous believers through all types of suffering. From the hospital room to the funeral parlor, from my office to their backyard, from the sanctuary to their living room, I've stood with, cried with, and attempted to minister to hurting people. Throughout those times, I felt inadequate. I tried to speak words of comfort. I labored to show them love. But it all seemed to fall short of what was needed. I learned that prayer was

crucial for hurting people. Of all the things that I did, prayer released God's grace and power into their lives. Through prayer, I could make a difference in hurting lives.

When people are hurting, they need to be ministered to. They need love. They need comforting and encouraging words. They need to be surrounded by people who love them. Yet, above all things, they need fervent and faithful prayer.

Prayer is not a quick fix nor is it a sure cure for the pain that people go through. But is God's way of making a difference in their lives. It is God's method for enabling them to experience His strength, help, and healing. No effort on our part can substitute for the life-sustaining and transforming power and grace that is released into a hurting person's life through prayer. We should seek to love and minister to the hurting. Yet, prayer is the crucial key for touching and helping those who hurt. For this reason, we will look at praying for the hurting in this issue of *The Prayer Closet*.

### The God Of Compassion

Why is it so important to pray for the hurting? It is because we serve a God who is full of compassion. Our God is concerned for

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hurting people. His heart goes out to those whose lives have been shattered.

The Word of God declares that God is compassionate. He cares about the hurting.

*"But You, O Lord, are a God full of compassion and gracious, longsuffering and abundant in mercy and truth" (Psalm 86:15).*

*"The LORD is gracious and full of compassion, slow to anger and great in mercy. The LORD is good to all, and His tender mercies are over all His works" (Psalm 145:8-9).*

*"Through the LORD's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness" (Lamentations 3:22-23).*

*"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God" (2 Corinthians 1:3-4).*

*"Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord – that the Lord is very compassionate and merciful" (James 5:11).*

Did you notice how the Bible refers to God?

- Full of compassion
- Good to all
- His compassion does not fail
- Compassion is fresh and new every morning
- Father of mercies
- God of all comfort
- Comforts those who are in trouble
- Very compassionate

The Word teaches that God has pity for the hurting. He is the God who is moved by the suffering of people. The Bible shows us that He has a heart for those in pain.

This is the reason why praying for hurting people is crucial. When you pray for someone who is suffering, it moves the heart of God. He releases His power and grace into

their lives. He touches their lives in unique and mighty ways. He provides what is needed and blesses them.

### Prayers For The Hurting

The following are prayers that you can pray for hurting people. These prayers are based on the Word of God. You can use them with confidence and expectancy. You can use these or develop your own from them. The key issue is to make sure that your praying is based on the Word of God. These prayers can be applied to people who are hurting for any type of reason. If you pray fervently and faithfully, the God of compassion will move and touch their lives.

Father, I pray that the suffering that \_\_\_\_\_ is going through will create a path to You. I ask that \_\_\_\_\_ will seek You with all of his/her being at this time. I plead that he/she will see You and find You in the midst of his/her pain. Meet his/her spiritual needs (Jeremiah 29:13).

Father, I ask that \_\_\_\_\_ will see how much he/she needs You. During this time, show him/her that You are his/her greatest need. I pray that as the deer pants for the water brooks, so \_\_\_\_\_ would long for You. I ask that \_\_\_\_\_ would hunger and thirst for You (Psalm 42:1-2).

Father, during this time, I ask You to build \_\_\_\_\_'s faith. Enable \_\_\_\_\_ to trust You implicitly. I plead that \_\_\_\_\_ would not sin by charging You with doing wrong or being unfaithful (Job 1:20-22).

Father, I ask You to place people into \_\_\_\_\_'s life who will encourage and minister to \_\_\_\_\_. Raise up people who will be able to minister comfort and healing to him/her. Reveal Your compassion to \_\_\_\_\_ through these people (2 Corinthians 1:3-4).

Father, I plead that \_\_\_\_\_ will cast all his/her care on You. I pray that \_\_\_\_\_ will not be weighed down with anxiety, doubt,

worry, or frustration. Reveal to \_\_\_\_\_ that you care for him/her (1 Peter 5:7).

Father, I ask in the name of Jesus that You would protect \_\_\_\_\_ from the schemes of the enemy at this time. He is a crafty and hateful enemy who will attempt to use this pain for his own devious and spiteful purposes. I pray that You would put a hedge about \_\_\_\_\_ and protect his/her mind at this time. Grant him/her the strength to resist the lies and the temptations of the devil (1 Peter 5:9).

Father, I plead that \_\_\_\_\_ will experience Your strength. I pray that You would sustain him/her with Your mighty power. When \_\_\_\_\_ as if he/she cannot go on, fill him/her with the strength to cling to You and to walk faithfully with You through this adversity (Psalm 29:11).

Father, I pray that \_\_\_\_\_ would taste and see that You are God. I plead that \_\_\_\_\_ would take refuge in You and experience Your richest blessings. I ask that the bitterness of this adversity would make You taste sweet to \_\_\_\_\_. Let this adversity teach \_\_\_\_\_ how great and good You are. Increase \_\_\_\_\_'s understanding and experience of You during this time (Psalm 34:8).

Father, I ask in the name of Jesus that \_\_\_\_\_ would wait for You. I pray that \_\_\_\_\_ would be strong and wait for You. Deliver him/her from impatience. Fill him/her with trust and the ability to wait on You (Psalm 27:11).

Father, I pray that You would be a shield around \_\_\_\_\_. I ask You to defend and guard \_\_\_\_\_'s heart and life. I plead that You would lift up \_\_\_\_\_'s head, delivering him/her from discouragement, depression, and despair (Psalm 3:3).

Father, I ask that the joy of the Lord would be \_\_\_\_\_'s strength. I pray that \_\_\_\_\_ would experience abounding, unceasing, and

rich joy through You. Flood his/her life with Your joy (Nehemiah 8:10).

Father, Your Word says that You are close to the brokenhearted. Father, \_\_\_\_\_ is hurting. I pray that You would cause him/her to sense and know Your presence. I ask that Your presence would strengthen and comfort. Your Word also says that You save the crushed in spirit. Father, \_\_\_\_\_ has been crushed. I ask You to deliver him/her. Set him/her free from the pain that he/she is now experiencing. Grant him/her Your grace and sustaining power (Psalm 34:18).

Father, \_\_\_\_\_ is downcast and disturbed. I ask in the name of Jesus that \_\_\_\_\_ would put his/her hope in You. I pray that \_\_\_\_\_ will yet praise You as his/her Savior and God (Psalm 42:5).

Father, I pray that Your Word would be \_\_\_\_\_'s delight. I plead that \_\_\_\_\_ would turn to Your Word and immerse himself/herself in it. I ask that You would strengthen and preserve \_\_\_\_\_ through Your Word (Psalm 119:92).

Father, I ask that Your Word would be a lamp to \_\_\_\_\_'s feet; I plead that Your Word would be a light to \_\_\_\_\_'s path. Speak clearly and powerfully to \_\_\_\_\_. Grant him/her the guidance that he/she needs (Psalm 119:105).

Father, I plead that You will fill \_\_\_\_\_ with the peace that passes understanding. I pray that this peace will guard his/her heart and mind from anxiety, fear, frustration, and discouragement (Philippians 4:7).

Father, Your Word says that You are the God of hope. I plead that You will fill \_\_\_\_\_ with hope. Cause this hope to sustain and encourage \_\_\_\_\_. Fill \_\_\_\_\_ with all joy and peace through his/her trust in You. I pray that \_\_\_\_\_ will overflow with hope by the power of Your Holy Spirit (Romans 15:13).

Father, I ask that \_\_\_\_\_ will be patient in the midst of his/her adversity. I pray that

\_\_\_\_\_ will be submissive to what You want him/her to do. Open \_\_\_\_\_'s heart to make the changes and take the steps that You desire during this time (**James 1:2-4**).

Father, I plead that You would grant \_\_\_\_\_ the wisdom to use the adversity that he/she is going through. Deliver him/her from making hasty conclusions or taking spiritually immature actions. Fill him/her with wisdom that he/she might submit to You and grow during this time (**James 1:4**).

Father, I ask that \_\_\_\_\_ would humble himself/herself before You. Set him/her free from pride. I plead that he/she will be submissive to You and will trust in You. Pour out Your grace on \_\_\_\_\_ (**James 4:6**).

Father, I pray that \_\_\_\_\_ will draw near to You. I ask that \_\_\_\_\_ will seek You with all his/her strength. O God, respond by drawing near to them. Let them sense clearly Your presence (**James 4:8**).

Father, I pray that \_\_\_\_\_ ask for Your help in this time. I plead that \_\_\_\_\_ will seek You and find You and Your strength. I ask that \_\_\_\_\_ would knock and the door to hope, peace, and growth would be opened to him/her (**Matthew 7:7**).

## Becoming A Vessel Of Hope For The Hurting

The Word of God tells us that we are to share the comfort that God has given us to others (**2 Corinthians 1:4**). God blessed us and encouraged us when we suffered and struggled. Now we are to take that comfort and encouragement and share it with others. Our God desires that we become vessels of hope for those who are hurting.

The following are some guidelines to help you become a vessel of hope for those who are suffering:

- ✓ *Ask the Holy Spirit to make you sensitive to the pain and struggle of others.* In order to minister to the

hurting, we must be aware of their pain. Too many times we fail to see the struggles of others because of our own concerns and the hectic pace of life. Pray that the Holy Spirit give you insight into the suffering of others.

- ✓ *Pray for a servant's heart.* It takes a servant's heart to minister to the hurting. When you deal with hurting people, there are no quick fixes and no easy answers. Hurting people need love, compassion, and time. Only a servant can provide those things.
- ✓ *Call on the Spirit to provide verses of Scripture that you can share with those who are hurting.* Our words mean little in times of pain. Yet, the living and eternal Word of God can sustain and encourage those who hurt. Pray that the Spirit will give you Scripture and insights that you can share.
- ✓ *Remember that people have different levels of maturity.* One person may be able to bear incredible amounts of adversity. Another may not be able to stand much. Don't ever make light of a situation in which someone is struggling. It may not look like much to you or to others, but it is a major struggle for the person. Be humble and willing to encourage believers in the midst of their struggles.
- ✓ *Write down the lessons that you learn in the midst of your suffering.* God has much to teach us in the midst of adversity. It is crucial that you journal or at least record what you learn when you suffer. This will help you not to waste these times. And you can use it to share with others when they are struggling.
- ✓ *Pray that your church will become a vessel of hope.* Call on God to make your church a place where those who are hurting can find love, acceptance, and hope. Ask Him to remove anything that would keep your church from being this.