

How to Soothe Your Soul-Shattering Heartache

Stop crying. That's enough! It wasn't that bad. Stop it now. These are words others used to calm my little granddaughter's cries after a scraped knee.

A Different Approach

Being the wise grandma I try to be, I have a different approach. I scoop her up in my arms. Hold her tight, and keep her close. Without saying a word, I rock her gently back and forth. I don't let her go. Her sobs subside. I still hold her tight, while back and forth I rock her. Her body relaxes, and she settles in my arms, content as can be.

How do I know that approach works?

God Holds Us Close

God did the same with me. When an unthinkable tragedy broke my heart and shook my world, He held me close. He didn't give instructions. He just held me close. He didn't command I stop my cries. He just held me close. Soon, His promises swept over me like a wave of warm water in a cold day.

Should more scrapes to my heart occur, I know to be still and let Him hold me because "The Lord is near to the broken-hearted, and saves the contrite of spirit" (Ps. 34:18).

Let's Pray

Father, how loving of You to care for us in such a tender way. Your comfort has no match. And Your power to heal holds no conditions. When heartache invades my life, knowing You're ready to hold me tight shines reassurance in me. In Jesus' name, amen.

- What hurts in you today?
- How long will you hold onto the pain?
- What will it take for you to be still and allow Him to hold you close and calm your heart? {eoa}

Janet Perez Eckles *is an international speaker and the author of four books. She has helped thousands conquer fear and bring back joy.*

This article originally appeared at .