When You Can't Fix It

Week 5

Big Idea: When you can't fix someone's pain, you can still love them by listening, seeing their hurt, and staying present like Jesus.

Main Scriptures:

1 Samuel 1:6–8
1 Samuel 1:15–16
John 11:35

Key Point: Sometimes the most Christlike response to someone's pain isn't to fix it, but to listen, see, and stay.

Bottom Line: ou don't have to fix someone's pain to help carry it—you just have to be present.

Application: When someone you love is hurting, resist the urge to fix it and choose instead to listen, understand their pain, pray, and stay present.

Introduction:

What happens when someone you love is hurting…and there's nothing you can do to fix it?

When I couldn't fix the pain, I checked out.

Sometimes the people we love don't need our solutions. They need our presence.

HANNAH WAS HURTING

1 Samuel 1:6–8 "Her rival would taunt her severely just to provoke her, because the Lord had kept Hannah from conceiving. Year after year, when she went up to the Lord's house, her rival taunted her in this way. Hannah would weep and would not eat. 'Hannah, why are you crying?' her husband, Elkanah, would ask. 'Why won't you eat? Why are you troubled? Am I not better to you than ten sons?'"

Sometimes the loneliest person in the room isn't the person sitting alone.

When somebody tells you about their pain, DON'T MAKE IT ABOUT you.

Good intentions do not automatically create healthy outcomes.

GRATITUDE DOESN'T CANCEL GRIEF

Gratitude and grief can exist in the same heart.

You can be thankful AND still grieve. You can trust God AND still have questions. You can have faith AND still cry. You can worship AND still hurt.

Sometimes faith is trusting God enough to say, "I'm not okay."

SOMETIMES WE NEED TO STOP TALKING

Sometimes your spouse doesn't need a solution. Your kid doesn't need a lecture. Your friend doesn't need advice. Sometimes they need you to listen, ask questions, cry, pray and stay.

You don't have to understand someone's pain to help carry it.

SEE THE PAIN BEHIND THE BEHAVIOR

1 Samuel 1:15–16 "No, my lord," Hannah replied. "I am a woman with a broken heart. I haven't had any wine or beer; I've been pouring out my heart before the Lord. Don't think of me as a wicked woman; I've been praying from the depth of my anguish and resentment."

We see behavior, but we don't know the story.

Instead of "What is WRONG with you?" ask "What happened to you?"

Following Jesus should make us willing to say, "I was wrong I'm sorry."

BUT GOD HEARD

Elkanah didn't understand. Eli misunderstood. But God heard

God heard Hannah before Samuel. God saw Hannah before the situation changed. God was present before the answer came.

God's presence is not proven by the absence of pain.

LOOK AT JESUS

John 11:35 "Jesus wept."

Jesus knew the solution and still chose presence before the solution.

Tears aren't proof you've lost your faith. Grief isn't the opposite of hope. Sometimes sitting with somebody in pain is the most Jesus-like thing you can do.

THIS WEEK

Who in your life needs your presence more than your solutions?

Ask: “Do you want me to help you think through solutions, or do you just need me to listen?”

LISTEN. SEE. STAY.

You don’t have to understand someone’s pain to help carry it.

Talk It Over: Who needs your presence this week? What would it look like to listen without trying to fix them?