*Heaven-Sent Promises in the Midst of Our Earth-bound Pain*

“Everybody hurts. Sometimes.” That is the truth of this sin-filled life. We are not alone, though. While grief may be a companion in this life, Christ is still the treasure of our hearts.

Believe What?

Our final lesson will explore some of the difficult questions that can only be answered by trusting in God and what he says in his Word. Satan’s whispers can cause us to question our beliefs and doubt God’s promises. We need to lay a foundation of truth that we can turn to when seeds of doubt threaten to rob us the comfort we have in the Lord’s promises.

**Focus Verse**

**For you created my inmost being; you knit me together in my mother’s womb.****I praise you because I am fearfully and wonderfully made;  your works are wonderful,  I know that full well. Psalm 139:13-14**

**Questions Can Lead to Doubt!**

There are many questions that are raised when we experience grief or pain. At the core of those questions is doubt. Why does suffering lead to a struggle of doubt?

**HELP TO BELIEVE IN TIMES OF DOUBT**

1. **Cling to a Confession of What is Known**
2. **Turn to Scripture**
3. **Be Active in Prayer**

**Belief in the midst of Unbelief**

When we are amid pain or difficulty, we tend to focus more on the hurt than the hope. Psalm 139 and the First Article of the Apostles’ Creed both confess God as our Creator.

**Psalm 139:14.**

I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.

**The First Article of the Apostle’s Creed**

I believe in God the Father almighty, maker of heaven and earth.

What is the significance of believing and confessing God to be Creator when we take all our grief and suffering into consideration?

Think of some of the platitudes that people offer as false hope or comfort. How does the psalm verse and the confession offer greater comfort?