

Asking for a Friend

“If God is good, why does He allow suffering and evil in the world?”

Scripture Focus: *“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”* – John 16:33 (NIV)

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18 (NIV)

This question is not just intellectual—it’s deeply personal. Most of us don’t wrestle with this from a distance. We wrestle with it in hospital rooms, at gravesides, in the middle of broken marriages, addiction battles, or after tragedies that shattered our sense of safety. So how could a loving, all-powerful God allow pain, evil, and suffering to exist?

I remember getting the call after my grandparents passed away. The call was from my mother who had just received the news that her diagnosis was AML Acute Myeloid Leukemia. It was stage 4. We were are very confused about how this could happen. Heart problems run in my adopted mom’s side of the family. As I stood in the hospital later, my mom made a comment about how ironic it was that she would die from Leukemia just like my dad did. As I stood there, I couldn’t help but to just be mad and hurt. I wondered how God could let this happen. It was in that moment that i turned away from God because I felt like he had taken all of the people who loved me. So how do we piece together all the heart break and tragedy and think that God loves us?

But here’s what’s beautiful: **God didn’t stand far off.** He entered our broken world through Jesus. He suffered with us. He was betrayed, beaten, mocked, and murdered. He felt real pain so He could walk with us through ours.

God *doesn't* promise a life without pain. But He *does* promise this:

- He will be near to the brokenhearted (Psalm 34:18)
- He will work all things—even the worst things—for good (Romans 8:28)
- And one day, He will wipe every tear and make all things new (Revelation 21:4)

Your pain isn't wasted. Your suffering isn't ignored. And your story isn't over.

Prayer:

God, there are things we don't understand—moments that hurt too deeply to explain. But thank You for not leaving us to suffer alone. Thank You for sending Jesus, who knows what pain feels like. Help us to trust You even when life feels unfair. And use my story to bring hope to someone else.

In Jesus' name we pray, Amen.

Reflection Questions:

- Have you ever asked God “why”? What was happening in your life at the time?
- What helps you hold on to faith when life doesn't make sense?
- How can you be a reminder of God's presence to someone who's hurting right now?