

LOVE 'EM ENOUGH TO TELL EM

When Someone Is Struggling

Scripture: “Be quick to listen, slow to speak...” — James 1:19

Sometimes loving someone means having a conversation they don't want to have.

And sometimes that conversation isn't about a bad decision or a destructive habit. Sometimes it's simply asking:

“Are you really okay?”

We can be quick to tell people to pray, have more faith, or just get over whatever they're going through. But Scripture reminds us that deep faith and deep struggle can exist at the same time. Paul openly wrote about experiencing pressure so great that he “despaired of life itself.”

So when someone we love is struggling emotionally, our job isn't to judge them, diagnose them, or make them feel guilty for not being stronger.

Our job is to love them enough to listen.

Sometimes the most spiritual thing you can do isn't quote a Bible verse.

It's close your mouth and open your ears.

James tells us to be quick to listen and slow to speak. Romans 12:15 tells us to mourn with those who mourn. And Galatians 6:2 reminds us to carry one another's burdens.

That means when your friend says, “I'm not doing well,” don't immediately try to fix them.

Sit with them.

Listen.

Pray with them.

And if they need more help, **love them enough to help them find it.**

Getting someone professional help isn't a failure of faith. The material reminds us that helping someone get help is an **act of love**, and Proverbs 11:14 points us toward the safety found in wise counsel.

You don't have to have all the answers.

You don't have to know exactly what they're experiencing.

You just have to care enough to notice.

Because sometimes saying **"I'm here"** is the beginning of someone's healing.

And sometimes loving somebody means saying the words they desperately need to hear:

"You don't have to go through this alone."

TODAY'S PRAYER

Lord, give me eyes to notice when someone I love is hurting beneath the surface. Give me the wisdom to listen instead of rushing to fix, and the compassion to sit with someone in their struggle. Help me know when a friend needs prayer, when they need a listening ear, and when they need help beyond what I can provide. Give me the courage to have the hard conversation when necessary—and the humility to remember that I don't have to have all the answers. Help me love people the way You love them. In Jesus Name We Pray, Amen.

TODAY'S REMINDER

Love 'em enough to ask.

Love 'em enough to listen.

Love 'em enough to say, "You don't have to do this alone."