

The Comforting Conversation

Speaker: _____ Listener: _____ Date: _____

The Situation

1. What happened? E.g. describe the situation
2. What question are you asking yourself? E.g. reveal hidden questions from their interpretation of the situation or how they are perceiving the future will look.
3. How are you answering that question?
4. How does it make you feel? See the Emotional Word List.
5. When you feel that way, what do you want to do?

The Will

LISTENER SPEAK ALOUD: I bless the righteousness of your painful feelings. I bless you to put your hope in God. I bless your desire to praise him again—your Savior and your God.¹ I bless your desire to walk straight, act right and speak the truth from your sincere heart.²

¹ Psalm 42:5 NLT

² Psalm 15:2 The Message

Are you willing to put your hope in God for this situation and praise Him for the help of His presence?

The G.R.E.A.T. Response

Grateful – Rejoice – Engraft – Ask – Triumph

1. What could you be GRATEFUL to God for in the midst of this situation?
(Psalm 50:14-15, Hebrews 4:16)
2. What name of the Lord can you REJOICE in? See Names for God on pages 5-7. (Psalm 9:10, Psalm 50:23, Philippians 4:4)
3. What scripture promises can you ENGRAFT and hold on to at this time?
SPEAKER: Read your scripture promise aloud. (James 1:21)
4. What do you need to cry out to God and ASK Him for in this situation?
SPEAKER: Cry out or pray this answer using your chosen name for God.
(Matthew 21:22, Psalm 34:17, Psalm 107:19, Psalm 107:28)
5. How can you triumph over evil with good? e.g. What good thing are you willing to do to overcome evil? (Romans 12:21, 1 Peter 3:9)

Emotional Word List

abandoned	forced	publicly shamed
accused	frustrated	rejected
afraid all my fault	good for nothing	rejection
alone	guilty	repulsed
always wrong	hated	revenge
angry	hate myself	ruined
anxious	helpless	sad
apathetic	hopeless	scared
ashamed	hollow	secluded
bad	humiliated	self-disgust
belittled	hurt	shamed
betrayal	hysterical	stressed
betrayed	impure	stupid
bitter	inadequate	suffocated
blamed	indecent	suicidal
can't do anything right	inferior	taken advantage of
can't trust anything	insecure	thwarted
cheap	insensitive to my needs	torn apart
cheated	insignificant	trapped
condemned	invalidated	trash
confused	left out	ugly
conspired against	lied to	unable to communicate
controlled	lonely	unaccepted
cut off	lost	uncaring
deceived	made fun of	uncared for
defeated	manipulated	unchosen
defenseless	mindless	unclean
defrauded	mistreated	unfairly treated
degraded	misunderstood	unfit
desires rejected	molested	unimportant
despair	neglected	unlovable
destroyed	no good	unloved
devalued	not being affirmed	unnecessary
didn't measure up	not cared for	unprotected
dirty	not cherished	unsafe
disappointed	not deserving to live	unsympathetic
disgusted	not listened to	unwanted
disrespected	not measure up	used
dominated	not valued	violated
embarrassed	options not valued	vulnerable
empty	out of control	wasted
exposed	overwhelmed	wicked
failure	pathetic	worthless
fear	pressured	wounded
foolish	pressure to perform	

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The Ten Names of God³

ELOHIM
God

Genesis 1:1, Psalm 19:1

God's incredible power and might. He is the One and only God. He is Supreme, the true God in a world that promotes many false gods and religions. He is the one on whom

we can fully rely, He is Sovereign, He is the one we can completely trust. He is the Mighty One over all of nature, this world, and the heavens above, our creative God who has worked wonders by His hands. God reminds that He is Elohims every single day. His amazing power is at work in every sunrise, every sunset, in the way He holds the stars in the sky and carries His people through difficult times. You can be assured, you are held by an Almighty God, you never have to fear, God's hands are strong and secure.

YAHWEH
The Lord

Exodus 3:13-14

Derived from the Hebrew word for "I AM," it is the proper name of the divine person, coming from the verb which means to "exist," "be." When God told Moses to go to Pharaoh and to lead the Israelites out of Egypt, Moses

was scared. He needed reassurance, he needed to know God was bigger than this problem, that He would carry them through, that even if people wouldn't listen to him, they would listen to the One who sent him. Because His name carried that much awe and honor. God's name, Yahweh, is one of authority. It is one that holds great power, and says to all who hear, "I AM the One, true God, follow me." God is still the "Great I AM," for He never changes. We can trust His loving leadership in our lives, just as Moses did. He calls us for his specific purposes, reminding us that He knows our way and He has a plan.

ABBA
Father

Galatians 4:6

Means "Daddy, Father" – Abba is the most intimate form of God's name, showing us His character as our loving daddy. He is the One who can be fully trusted, the One we can lean on, the One who cares about all that

concerns us. Just as a godly father's presence in our daily lives is one of protection, security, and unconditional love, the constant presence of our heavenly Father is what

³ Adapted from <https://www.ibelieve.com/faith/10-powerful-names-of-god-and-what-they-mean-for-us-today.html>

gives us the strength and covering we need for this life's journey. This is one of my favorite names of God because in it He conveys His heart for each of us, as His children. He gives us the privilege of being called his own sons and daughters. He provides the way for us to call out to Him and the assurance, beyond a doubt, that He hears and will answer. In our most difficult to painful times in life, we can crawl up into the lap of our heavenly Father, and know that He is for us, and His arms will hold us secure.

JEHOVAH SHALOM

The Lord Is Peace

Judges 6:24

God is the only One able to give us the peace that passes all of our own understanding. Gideon knew this well from a time that he and his people were surrounded by a fierce enemy. There was nothing about that time

that seemed "peaceful." And yet, God showed up strong on their behalf, He was faithful and brought deliverance straight through fear-filled days. Maybe that's why Gideon felt so led to build an altar to the Lord and call it, "The Lord is Peace." In times of greatest darkness, he had seen how true this was. The peace of God often doesn't make sense to a world that would tell us to hurry and worry. A world that seems hard some days, and often so full of struggles. In the midst of it all, He reminds us that He is our true peace, so we never need to fear. No matter what we face.

EL SHADDAI

God Who Sees

Psalms 91:1

He is all-powerful, He is the Mighty One, He is the 9-1-1 to run to. And we can find refuge and rest in His shadow. This is comforting in a world where we face many battles day by day. Sometimes it's hard to know who we

can trust, we may feel unsafe or uncertain in circumstances surrounding us. We want to know that our loved ones are protected and covered in His care, especially when they're away from us. This verse and God's reminder that He is the Almighty gives us the security and assurance that nothing else around us can offer. He is the God who sees all, knows all, and has the power to go before us, walk with us daily, and cover us from behind. Dwelling in God's presence gives us shelter and rest.

JEHOVAH JIREH

The Lord Will Provide

Genesis 22:14

God will provide for our needs. Every one of them, He is faithful, He is able, nothing is too difficult for Him. Sometimes His timing is different than ours, maybe we feel that He's forgotten and hasn't heard our prayers.

Sometimes we get our “needs” and “wants” mixed up, and other times He knows what is better for us than we even know ourselves. We can trust Him, that His timing is perfect, and that all things are possible for Him even when we can’t see a way out. Abraham found this to be true. Alone with his son Isaac in the wilderness, He knew and trusted that God would provide for a sacrifice in place of his only child. He believed in God’s character, and knew Him to be faithful, loving, and the God who will provide. Often it seems, that God tests our hearts like He did Abraham’s that day. He wants to know what we’re willing to lay down before Him, before He opens the doors of provision and blessing. May we be found faithful.



Exodus 17:15

Proclaims His protection, leadership, and deliverance for His people. Just as God brought divine protection for the Israelites against their enemy, the Amalekites, He offers us protection and deliverance today

from the enemies we may face in this life. While Joshua and the people fought against their enemy, Moses stood on top of a hill with God’s staff in his hands. The Bible tells the story that even though Moses grew weary, when his hands were lifted by those who supported him, the Israelites were winning, and when his hands lowered the Amalekites were winning. It was clear to all who gave them victory that day. Sometimes we spin our wheels trying to battle through our hard days in our own strength. We get weary, we get upset, we get angry, and we end up losing it. God’s reminder is to all Him to be our banner, our protector, that One that is able to lead us and give us supernatural victory against forces and obstacles that come against us. If we allow Him to be in control, He will do more on our behalf, than would ever be possible on our own.



Exodus 15:26

Brings comfort and hope to many of us who have prayed for healing and deliverance from disease, illness, brokenness, or painful circumstances. It reminds us that God knows we’re in need of help, He understands we’re

in need of healing, and He promises to redeem every broken place in our lives. He never leaves us on our own to fend for ourselves. Without Him we couldn’t have hope for true freedom and healing, but just as God brought miraculous deliverance from all types diseases and difficulties throughout His word, He promises to act on behalf of His people still today. Sometimes the healing doesn’t come in the timetable or way that we would choose, and that can be hard. But as believers we still have this hope and assurance: we will live forever free in heaven, far away from the burdens we’ve carried here in this life. Jesus promises to make all things new, and God will wipe away every tear.

EL ELYON

God Most High

Psalm 7:17

Used through the Old Testament revealing God is above all gods, that nothing in life is more sacred. He is indeed the Lord Most High, the One who reigns supreme. He is greater than any force of darkness in this

world, He is bigger than any problem we might come up against in this life. In daily life struggles and battles, we sometimes just need to be reminded that God is still in control. He never will lose His power and might, though the world feels dark many days, He has conquered death and sin. He is Mighty. He is Lord. He is exalted over all.

EL ROI

The God Who Sees

Genesis 16:12

The kindness and care that this name holds as it points to God's character. He is one who chases after us, who follows us with goodness. He is the one who sees us when we feel lonely, all on our own, or when we

just need the reminder that God is close. The name El Roi says to us that God is watching over all, that He sees the affairs of people, and knows when we feel lost and unloved.

When Hagar had run away to a desert place far from those she felt hurt and betrayed by, we see God surround her in so much grace and care. He didn't leave her alone in her troubles. Nor will He leave us to fend for ourselves through difficult times. This story of God's name reminds us that He is always close, that He sees us when we feel that no one else does, and that He cares.