



Hope when it hurts: Biblical reflections to help you grasp God's purpose in your suffering

Kristen Wetherell , Sarah Walton

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Suffering is real. But so is hope.

Kristen and Sarah have walked through, and are walking in, difficult times. So these thirty biblical reflections are full of realism about the hurts of life—yet overwhelmingly full of hope about the God who gives life.

This book will gently encourage and greatly help any woman who is struggling with suffering—whether physical, emotional or psychological, and whether for a season or for longer. It is a book to buy for yourself, or to buy for a member of your church or friend. For anyone who is hurting, this book will give hope, not just for life beyond the suffering, but for life in the suffering.

Each chapter contains a biblical reflection, with questions and prayers, and a space for journaling.

Hope when it hurts: Biblical reflections to help you grasp God's purpose in your suffering Details

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Kim says

My favorite chapter was on the goodness of God: "Do we believe God is good by what we see or do we believe God is good because of who he is?"

A helpful and encouraging devotional for anyone dealing with pain, suffering or affliction of any kind.

Stacy Luce says

I began this book in the spring, finishing the first two thirds quickly and finding it helpful and thought provoking. The last third took me months to get through, partly because I no longer had reading time at the Y and partly because it seemed to be getting long and repetitive.

I love the truth about suffering and the reminders that were shared. I found the format, alternating between two authors but not in a known pattern, a little hard to handle. One author comes across as a little bitter, and one comes across much softer. Both authors suffer from Lyme's disease, which is their basis for suffering, but the topics can apply to many forms of suffering.

I also had a hard time with the font chosen for different topics within each chapter, as I really had to look hard to figure out the letters.

Two questions in the last chapter did a great job of summarizing this book:

- Have I entrusted my soul to Jesus for eternity, or am I letting my suffering tear my faith and love from him?
 - Have I entrusted my suffering to Jesus, so that I aim to grow in love for him and dependence on him during this time and never have chosen?
-

Caitlin Williams says

Kristen and Sarah are both true spectacles of glory. They have walked (and are still walking) through the fire of suffering, yet they are not consumed. This book is both a testament to that, and an exhortation to other sufferers to hold fast to the gospel of Jesus Christ through the flames.

When I think of Christian literature on suffering, watery attempts at self-help and empty encouragements to just "pray more" are what come to mind. This is not the case with "Hope When It Hurts". Kristen and Sarah write from both the raw truth of their experience, and the raw truth of God's Word. As you read, you can feel the effort with which both authors bring their experiences into submission to Scripture. They walk readers through that process as it has unfolded for them, while equipping readers to do the same for themselves.

In "Hope When It Hurts," Kristen and Sarah have given us a solid theology of suffering made palatable by writing that is both comforting and convicting, enlightening and emboldening.

April says

As I entered a season of rest after much loss, I picked up this sweet book. Kristen and Sarah nail it as they walk us through God's Word to see His purpose in our suffering. I love Scripture and each beautiful page points us to our past, present, and future hope, in order that we may understand our weakness becomes bravery in His power alone and that courage comes from one who truly rests in Jesus. This book drove me to deeper, intimate prayer with my heavenly Father asking Him to reveal where I am withholding confidence in Him, shrinking back in prayer, obedience, and generosity, as I live in His light and immerse myself in God's Word. It taught me to not focus on what I lack but rather on all that He has given me, and to anticipate the JOY.

Marissa Henley says

This book combines rich application of promises from God's Word with an honest exploration of suffering and pain to provide real comfort and encouragement. As a cancer survivor, I have heard plenty of shallow platitudes in response to suffering, but that's not what this book is about. The authors don't seek to deny, dismiss, or belittle the pain of our suffering--they are walking through suffering themselves. But they are not hurting without hope. Their love of the Lord and His Word shines through their pain. Every page oozes with truth, comfort, hope, and encouragement for weary, hurting hearts. I highly recommend it!

Deon says

BONUS Chapters from the publisher

Helen says

This book is a gem. How I wish it had been around 30 years ago when as a teen I watched my beloved dad suffer terribly from terminal cancer. It sounds ridiculous to say I am still getting over it but this book provided answers that I've been searching for since then. I can honestly say it is one of the most helpful things I have ever read, and has helped me to make sense of the challenges I am walking through now all these years later. I found the journalling pages especially good as it made me think about what I had got out of each chapter, and writing it down made it real somehow. Thank you Kristen and Sarah for writing this wonderful book.

Mandy Chandler says

This book is such an encouragement to those who are suffering, and even those who are not! The book has

short easy to read chapters full of biblical based teaching on living a God-filled life amidst pain. Kristen and Sarah encourage readers by opening their own stories and struggles with pain, and pointing the reader toward Christ, who has experienced all of it before us. The book points the reader to rest in Gods loving arms, be comforted by Him, and know you are not alone. God works all things out for His good and our glory and the earth is not our home; Heaven awaits us at the end of this road, and through suffering and seeking His face, He may say Well done good and faithful servant.

Jenifer Metzger says

We've all been through pain, we've all suffered. Sometimes we feel hopeless and lost. Kristen & Sarah know that pain. In Hope When it Hurts they take us through Biblical truths that shows us that God is right there with us and can use our pain for His glory. They share their own personal stories, Scripture, and questions to get you thinking. Hope When it Hurts is a great book and makes a great gift to someone going through a tough season.

Meghan Feir says

As I read this book, I was brought to tears learning about the authors' own struggles. They so closely reminded me of the health complications and struggles I've also experienced throughout life and of how many times I've cried out to God, fallen in the pit of despair, and been lifted out by God's loving strength.

Exemplifying firm faith in Jesus' power and plans, these godly women explain how God's promises, love, and compassion remains steadfast, even throughout life's hardest seasons. Throughout the book, the Apostle Paul is one of their main inspirations of faith in action.

While this book is raw and real, it's written with a patient understanding of God's sovereignty, grace, and, of course, hope, and reminds us of why we can trust our loving and wise Father.

If you feel like no one understands your pain, you definitely need to read this book and be comforted by and reminded of the wholeness of the Gospel. There is a multitude of real-life applications and reminders that all point directly to scriptural truths.

Sarah Katherine says

This book was the perfect encouragement I needed at just the right time. I really enjoyed the way the chapters were set up with reflection questions and a prayer, as well as additional scripture. The authors are so honest and real. They really helped me focus on my response to my current suffering, and to reframe it as a place to know God rather than something to "get through". I've already given three copies away to friends!

Sarah Knox says

I absolutely loved this book. I learned so much about how the Gospel helps us in our hurts. And God used it

to heal my broken places. It is always so good to be reminded of the Gospel, my worth in Christ, and the value and purpose of suffering because I am His. If it wasn't a \$20 I would definitely buy one for ALL my female friends.

(Though, I think men and women alike would very much benefit from reading this book.)

Stephanie Quesnelle says

A 30 day journal/reflection book on how to suffer well from the Christian perspective. It was really insightful to me and helped pull out some common themes and ways I self-sabotage my faith/life in the midst of suffering. Some of the reflections also helped me pick out my Lenten commitment---a gratitude journal!

It's applicable in almost every type of suffering, the authors suffer from autoimmune disorders, I focused most of my reflections on Amanda's accident and my cousins' dying. Highly recommend for anyone who is struggling through some deep emotions and needs a little faith-boost. Acknowledging the struggle and reflecting on it really helped me (link in comments).

Julie Gernand says

This book is helpful in any season of life. Kristen & Sarah have crafted a Biblically-sound masterpiece that will be my go-to book for giving to girlfriends of all ages this year. Drawing from their own personal battles, Kristen and Sarah draw you closer to Christ through story and Scripture. You'll return to it again and again through the years for encouragement and hope. Perfect for times of personal devotion and reflection. A true A+ in the realm of women's Christian literature!

Bethany says

In *Hope When It Hurts*, by Kristen Wetherell and Sarah Walton, the good news of Jesus Christ is precisely and pointedly applied as balm to our suffering. From the very first chapter, their thesis is clear:

“What I need, and you need, is the truth about Jesus Christ, because our suffering only makes sense and we only retain any hope when we look at ourselves through a gospel lens.”

Never offering pat answers or platitudes, *Hope When It Hurts* proceeds to offer the framework of a gospel perspective on suffering. A reality check on pride's role in our response to suffering stretches readers to shift their eyes to the only real hope we have and the only real purpose we live for (hint: it's not our comfort or convenience.) Several chapters address the opportunities afforded to us by our suffering.

Unlike messages staking our hope in optimism for changing circumstances or everything working out for the better, *Hope When It Hurts* stakes everything on God. In short, easy-to-read, but in-depth chapters, the authors highlight practically why we:

Have hope
Don't have to be shaken
Can persevere
Take heart in suffering
Are freed from agonizing over making sense of pain
Worship God in everything and anything

Although atypical and unexpected for a book on suffering, this message carries the broken to worship and eases the hurting into praise.

As much a devotional as a book of reflections on suffering and Gospel hope, *Hope When It Hurts* renews and refreshes believers. Instead of saying "it'll get better," readers are reminded of what already is better: the true, joyous, incredible hope we have despite our often-unchanging, hopeless suffering.
