 In Christ

> Cast all your anxiety on him because he cares for you.
> *— 1 Peter 5:7*

Book: New Testament / 1 Peter
Topics: sadness, fear, weakness, worrying

Interpretation:
1 Peter 5:7 is a meaningful verse that can be of great help to those who are experiencing anxiety, worry, or stress. This verse talks about worry, fear, and anxiety, and how casting our burdens on God can help us find comfort in Him.

What is the Bible trying to tell us?

This Bible passage reminds us that God cares for us and wants us to trust Him in every situation in our lives. This commission can help us to free ourselves from the burdens that weigh us down and cause us to worry and fret. The Bible tells us that when we trust God, He cares for us.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.
> *— 2 Corinthians 6:10*

Book: New Testament / 2 Corinthians
Topics: sadness, joy, materialism, money, poverty, reward

Interpretation:
2 Corinthians 6:10 is an interesting passage that talks about a seeming contradiction we can experience in our lives. On one hand, we can feel sad and poor, but at the same time, we can have joy and wealth.

Sorrowful, yet always rejoicing

The first part of this verse tells us to be joyful despite being sad. It is important to note that this does not mean that we do not feel sadness or pain, but rather that we can experience both emotions at the same time. As Christians, we know that God is with us in our trials and tribulations, and this helps us to feel more confident and to seek joy despite adversity. He is our source of lasting happiness, even in the most difficult circumstances.

Poor, but making many rich

In the second part of this verse, St. *Paul* encourages us to consider how we can be poor, but at the same time enrich ourselves and others. Sometimes we think that wealth is measured only by material means, but the true meaning of wealth is the ability to share what you have with others.

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> Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.
> *— 2 Corinthians 7:10*

Book: New Testament / 2 Corinthians
Topics: sadness, conversion, repentance, Salvation, worrying

Interpretation:
2 Corinthians 7:10 talks about two types of sorrow: godly sorrow and worldly sorrow. Godly sorrow is the kind that leads us to repentance and salvation. It occurs when we realize that our behavior is not pleasing to God and we are willing to change.

Repentance for salvation

Repentance is a key concept in the life of every Christian; it is a decision to change the direction of our life and turn away from sin. Godly sorrow leads to repentance, and repentance leads to salvation. When we repent of our sins, confess our faith in *Jesus*, and accept His sacrifice, we experience the salvation He offers us.

Sorrow for the world

Sorrow for the world is the kind of sorrow that leads to nothing good; it is an empty and meaningless sorrow. It is the kind of sorrow that occurs when we lose something we consider valuable, whether it be a relationship, a job, or material possessions. This sadness can lead to anxiety and depression.

Death as a result

The verse warns us that the sorrow of the world produces death. This does not necessarily refer to physical death, but to spiritual death that separates us from God. The sorrow of the world can cause us to distance ourselves from God and become absorbed in our own problems and worries.

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> Go back and tell Hezekiah, the ruler of my people, 'This is what the Lord, the God of your father David, says: I have heard your prayer and seen your tears; I will heal you. On the third day from now you will go up to the temple of the Lord.'
>
> *— 2 Kings 20:5*

Book: Old Testament / 2 Kings
Topics: sadness, healing, Prayer, prophecy

Interpretation:
This verse takes place in the context of the life of *Hezekiah*, the fourteenth king of Judah. ??Hezekiah stood out because he was a godly king who continually sought God's will in his life. The previous verse tells how Hezekiah became gravely ill and asked God to heal him. It was in this context that God answered his prayer and sent him the message found in *2 Kings 20:5*.

Although this verse is specific to a specific time in Hezekiah's life, it still has much to teach us. First, it shows us the character of God. God is a compassionate and merciful God who cares for us and our needs. We can trust Him and take our requests to Him, knowing that He hears us and sees us.

Second, this verse also teaches us the importance of prayer. Hezekiah prayed, and God heard him. Prayer is a powerful tool that we have at our disposal as Christians, and we should use it continually to ask God for our needs and the needs of others.

Finally, this verse shows us the importance of trusting God. Hezekiah trusted God, and his faith was rewarded. When we face difficult situations in our lives, we should trust God and His promises, knowing that He is in control.

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> The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.
> — *Deuteronomy 31:8*

Book: Old Testament / Deuteronomy
Topics: sadness, covenant, encouragement, fear, following, reliability

Interpretation:
Deuteronomy 31:8 is a comforting promise of God's constant presence in our lives. The phrase *"The Lord himself goes before you"* means that God is always going ahead of us, paving the way and preparing the ground for what comes next. In other words, before we face life's challenges and obstacles, God has already prepared the way for us.

The second part of the verse is equally powerful: *"He himself will be with you; he will never leave you nor forsake you."* This means that no matter how difficult the circumstances, God will always be there to support us and will not abandon us. It is an unbreakable promise of friendship and protection, no matter what circumstances we face.

This promise from God should be a source of strength and comfort to all Christians. It allows us to trust that God is always with us, even in the most difficult situations. We should trust that God will not leave us and feel safe in His care.

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> For with much wisdom comes much sorrow; the more knowledge, the more grief.
> — *Ecclesiastes 1:18*

Book: Old Testament / Ecclesiastes
Topics: sadness, mind, wisdom, worrying

Interpretation:
Ecclesiastes 1:18 speaks of the negative consequences that can arise when we acquire too much knowledge. In the context of this book of the Bible, the author (presumably *King Solomon*) reflects on the futility of life and what often wastes our time and energy. Solomon, one of the wisest men of his time, conducted extensive research and acquired a considerable amount of knowledge, but he realized that this did not alleviate his suffering and difficulties.

Why can wisdom cause suffering?

So why can wisdom lead to suffering? One possible explanation is that as a person grows wiser, they may realize how much they don't know. This can lead to a feeling of helplessness or frustration, as the desire to learn more collides with the limitations a person places on their knowledge.

On the other hand, wisdom can also illuminate inconvenient truths or negative aspects of life. Once these truths are realized, a person may experience greater anxiety or sadness as they see previously hidden difficulties in the world.

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> So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.
> — *Ecclesiastes 11:10*

Book: Old Testament / Ecclesiastes
Topics: sadness, body, health, heart, worrying

Interpretation:

In the book of Ecclesiastes, the author shares his wisdom and reflections on life and the nature of the world. In *Ecclesiastes 11:10*, we are counseled to remove anger from our hearts and evil from our flesh. The author warns us that youth and youth are vanity and that we must live with a clear mind and heart, free from anger and wrath.

Meaning of the verse

Anger and wrath can be powerful emotions that can harm our mental and physical health. Anger often clouds our judgment and prompts us to act impulsively, which can have serious consequences. By removing these emotions from our daily lives, we can live with greater clarity of mind and be more loving and compassionate towards others.

The phrase *"youth and vigor are meaningless"* can be interpreted in various ways. It can mean that young and inexperienced people tend to be selfish and live without much regard for others. On the other hand, it could also imply that youth is a fleeting and transitory time. In any case, the author calls us to live our lives wisely and responsibly.

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> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
> *— Ephesians 4:30*

Book: New Testament / Ephesians
Topics: sadness, Holy Spirit, Second coming

Interpretation:
The Bible tells us about *the Holy Spirit*, one of the three persons *of the Trinity*, who guides and helps us in our daily lives. In *Ephesians 4:30*, we are commanded not to grieve the Holy Spirit of God, by whom we are sealed for the day of redemption. But what does that mean?

Sealing of the Holy Spirit

The sealing of the Holy Spirit is a spiritual reality that occurs the moment *we place our faith in Jesus Christ as our personal Savior*. This spiritual mark is God's seal on our lives, indicating that we are God's children and are guaranteed His salvation and protection.

In practice, the sealing of the Holy Spirit means that the Holy Spirit lives within us and helps us live holy lives, better understand Scripture, and have the strength to overcome temptations and trials that come our way. It is important to emphasize that this mark is not something we earn on our own merit, but rather by the grace of God.

Understanding the Call

In this verse, we are called not to grieve the Holy Spirit of God. This call is important because if we grieve the Holy Spirit, we can lose His presence in our lives and His help in our daily life.

So how can we grieve the Holy Spirit? This happens when we sin and do things that are contrary to the will of God. If we cling to sin instead of repenting and turning from it, the Holy Spirit will be grieved and we will lose His help and guidance.

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> At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship and said: “Naked I came from my mother’s womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised.”
>
> *— Job 1:20-21*

Book: Old Testament / Job
Topics: sadness, contentment, dependence, suffering, worrying, worship

Interpretation:
Job 1:20-21 depicts the moment when *Job*, a righteous and God-fearing man, receives devastating news of the loss of his livestock, property, and, most tragically, his ten sons. Job's reaction at this moment is striking and prompts us to reflect on how we respond to the trials and hardships we face in life.

Why did Job tear his robe and shave his head?

In Jewish culture, tearing one's garments was a sign of grief and mourning in the face of tragedy. Shaving one's head was also a sign of grief and humiliation. In this way, Job demonstrated the depth of the pain and sorrow that overwhelmed him at that moment.

Job fell to the ground and bowed, despite the pain. Why?

Despite the devastating loss he had just suffered, Job still found it in his heart to worship God. His response to adversity shows us that worship depends not on external circumstances, but on the state of our hearts. Worship is an expression of trust and faith in God, even in the midst of pain and darkness.

Naked came I from my mother's womb, and naked shall I return

This phrase is a powerful affirmation of human existence. We are all born with nothing and will return with nothing. Nothing material will accompany us into the afterlife, only our humanity and our spirit. It is a reminder of humility in the face of God's greatness and the brevity of life.

The Lord gave, and the Lord has taken away

Job realizes that everything he had—family, wealth, health—was given to him by God. His very life is a divine gift. And now, in his suffering, he also realizes that God has the power to take away what He Himself has given. This is an expression of complete submission to God's will and trust in His wisdom and goodness.

Blessed be the name of the Lord

Job doesn't deny his pain or minimize his loss. But even in the midst of so much suffering, he chooses to bless the name of the Lord. This is an expression of deep faith and gratitude, recognizing that God is always good, even in adversity.

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> The vine is dried up and the fig tree is withered; the pomegranate, the palm and the apple tree— all the trees of the field—are dried up. Surely the people’s joy is withered away.
> *— Joel 1:12*

Book: Old Testament / Joel
Topics: sadness, food, harvest, joy, wine

Interpretation:

The Book of Joel is one of the 12 prophets of the Old Testament and is known for its apocalyptic message. The Book of Joel is divided into two parts: in the first, the prophet describes the invasion of locusts that devastated the land; in the second, Joel's message is a message of hope for everyone who repents and surrenders to God.

The reason for this barrenness in the verse Joel 1:12 is the iniquities of people.

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> “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”
> *— Joel 2:12*

Book: Old Testament / Joel
Topics: sadness, conversion, fasting, heart

Interpretation:
In *Joel 2:12* we can find God’s call to His people to turn to Him with all their hearts. This verse invites us to consider the importance of conversion and repentance in our lives.

The word *“return”* means to turn back or return. Spiritually, conversion involves a change in attitude and behavior that separates us from sin and brings us closer to God. Conversion is not only an act of faith, but an ongoing process that requires commitment, effort, and persistence.

Conversion begins with repentance, a deep feeling of pain and sorrow for our sins. Repentance leads us to admit that we have failed and that we need God’s forgiveness. This pain and crying are necessary for us to change our ways and be transformed by God.

The call is to return to God with all our hearts. This means that our conversion must be complete and sincere. We cannot simply change our appearance or our actions, but we must change our minds and our hearts. Total conversion involves total surrender to God and unconditional surrender.

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> Blessed are those who mourn, for they will be comforted.
> — *Matthew 5:4*

Book: New Testament / Matthew
Topics: sadness, blessing, Comforter

Interpretation:
This verse is part of the Sermon on the Mount, which *Jesus* delivered to His disciples on Mount Sinai after He chose the twelve apostles. The Sermon on the Mount is considered one of Jesus' most important teachings because it laid the foundation for Christian ethics and morals. In this sermon, Jesus explains what qualities true followers should have and how they should live.

What does this verse mean?

Jesus was talking about those who weep, and He was not necessarily talking about the weeping that comes from a sad situation in life. Jesus was talking about the weeping that comes when someone realizes how sinful their life is, how much harm they have done to others, or how far they are from fulfilling God's will.

The blessing here is that those who mourn and weep over their sin will be comforted. The comfort that the text is talking about is not a simple *"feeling better"* feeling, but a true, effective release from the burden of sin and repentance. Jesus promises that they will be comforted, which means that God will not leave them alone in their pain and sorrow.

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> A wise son brings joy to his father, but a foolish son brings grief to his mother.
> — *Proverbs 10:1*

Book: Old Testament / Proverbs
Topics: sadness, family, joy, wisdom

Interpretation:
The Book of Proverbs is one of the most important books in the Bible, full of wisdom and advice that we can apply in our daily lives. Several verses stand out in this book, such as *Proverbs 10:1*.

What this verse teaches us

This verse shows us the importance of wisdom and making good decisions in life, especially when it comes to our family. If we are wise and make good decisions, we can bring happiness to our parents and our families. However, if we are foolish and make bad decisions, we can cause sadness and pain to those who love and care for us.

Moreover, this verse also shows us that our actions affect others, especially those around us. Therefore, it is important to consider how our decisions can affect others, especially our loved ones.

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> The Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.
> — *Psalm 146:8*

Book: Old Testament / Psalms
Topics: sadness, healing, righteousness, sickness

Interpretation:
The Bible is a source of teaching and wisdom for millions of people around the world, and within it we find verses that reveal God's mercy and love for His people. One such verse is *Psalm 146:8*, which speaks of how God helps us in difficult times.

The Lord gives sight to the blind

The first part of the verse speaks of the Lord opening the eyes of the blind. At the time this psalm was written, blindness was a common affliction, and many people suffered from it. However, this verse speaks not only of physical blindness but also of spiritual blindness. God has the power to open our eyes and allow us to see the truth.

This verse reminds us of the importance of acknowledging our spiritual blindness and asking God to help us see the truth in difficult situations. Sometimes we feel lost and unable to find a solution to our problems. In such moments, we must remember that God is with us and can show us the way forward.

The Lord lifts up those who are bowed down

The second part of *Psalm 145:8* talks about how the Lord lifts up the fallen. We all experience difficult times in life, feeling discouraged and weak. However, we must remember that God is with us and that He can lift us up after we fall.

This verse reminds us that even when we fall, there is always a way to rise and move forward. *God is a God of mercy and love*, and He is always ready to help us in our difficulties. We must trust Him and ask Him to give us the strength to rise and keep going.

The Lord loves the righteous

The third part of the verse tells us how the Lord loves the righteous. Righteousness is a very important value in the Bible, as it teaches us to live according to God's will and to act righteously. God loves those who act justly and honestly, and He rewards them with His love and mercy.

This verse reminds us of the importance of living justly and honestly in our daily lives. We must treat others with respect and love and do what is right, no matter the difficulties. We must always remember that God is with us and loves us for our righteous deeds.

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> For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.
> *— Psalm 30:5*

Book: Old Testament / Psalms
Topics: sadness, love, patience

Interpretation:
Psalm 30 is a psalm of thanksgiving that is believed to have been written by King David to commemorate the dedication of his house of prayer after God delivered him from his enemies. *Verse 5* specifically talks about how God’s wrath may be temporary, but His grace and favor last forever.

The concept of God’s wrath may be difficult for some to understand. How can God be loving and merciful and yet be angry with His children? The answer is that God **is a just God** who seeks holiness in His people. When we sin, we separate ourselves from the holiness of God, which separates us from His presence. God’s wrath is His response to our sin. But as this verse mentions, His wrath does not

last forever.

While God’s wrath is temporary, His favor is eternal. God is a God who does not abandon His children. His love is constant, and His grace is abundant. No matter how far we stray from His path, we can always return to Him and find His love and mercy. As the verse mentions, His favor lasts a lifetime.

The verse also talks about the contrast between weeping and joy. We may experience moments of sorrow and pain in this life, but we can trust that joy will always return. God is a God of restoration and redemption. He can bring us through difficult times and turn our trials into testimony. Joy always comes in the morning after the darkest night.

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> The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.
> — *Psalm 34:17-18*

Book: Old Testament / Psalms
Topics: sadness, nearness, Redeemer, Salvation

Interpretation:
Prayer is a powerful tool in the lives of believers in God. Through it, we can communicate with our Lord, express our concerns, ask for forgiveness for sins, and intercede for others. The Bible tells us that the prayer of a righteous person is powerful, and in *Psalm 34:17-18*, we find God's promise to those who cry out to Him.

These Bible verses tell us how the Lord draws close to those who are sad and feel abandoned, and how He saves those who sincerely repent and seek His help. In other words, these verses reveal God's love and closeness to those going through difficult times, offering them comfort and protection.

Who are the righteous?

Before analyzing the verses under consideration, it is important to clarify who the righteous are. The Bible teaches us that righteousness is achieved not by our own works or merits, *but by faith in Jesus*

Christ. *Romans 3:22* states that *"the righteousness of God through faith in Jesus Christ is for all who believe."* Therefore, the righteous are those who have accepted *Jesus Christ* as their *Savior* and strive to live according to His teachings.

God's promise

In *Psalm 34:17-18*, we find a wonderful promise from God to the righteous. These verses read, *"The righteous cry out, and the Lord hears them; he delivers them from all their troubles."* This means that when the righteous pray to God, He hears them and delivers them from all their troubles. It's important to note that the promise is not that we will not have problems or difficulties in life, but that God will give us the strength and comfort to overcome them.

Contrite in heart and contrite in spirit

According to the Bible, the heart is the seat of our emotions and feelings, so when verses speak of those who are contrite in heart, they are referring to those who are depressed or saddened by some situation or circumstance in their lives. Similarly, when they speak of those who are contrite in spirit, they are referring to those who, repenting of their sins, seek God's help and forgiveness.

It is important to note that these verses are not only a promise of comfort and help for those suffering, but also a call to reflection and repentance. In other words, God tells us that, no matter our situation, He will always be there to help us if our hearts are sincere and repentant.

Furthermore, these verses call us to recognize the importance of humility and honesty in our relationship with God. Acknowledging our weaknesses and sins allows us to humbly turn to God, asking for His help and mercy. Moreover, contrition means being willing to admit our mistakes, repent, and change our attitude, which will allow us to experience God's peace and forgiveness in our lives.

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> All my longings lie open before you, Lord; my sighing is not hidden from you.
> — *Psalm 38:9*

Book: Old Testament / Psalms
Topics: sadness, temptation, worrying

Interpretation:

In this verse *(Psalm 38:9)*, the psalmist expresses his sincerity and honesty before God. He acknowledges that all his needs, desires, and concerns are before God, and that he can hide nothing from Him. This is an expression of humility and trust that God always hears and understands us.

How can we apply this verse to our lives?

This verse calls us to be honest and open before God, not trying to hide anything. In this way, we can draw closer to Him and find His love and mercy. Recognizing that God knows our needs, we can confide our concerns to Him and trust Him to guide us on the true path.

It also reminds us that honesty and sincerity are important values ??in our daily lives, whether in interpersonal relationships or in our relationship with God. By being honest with ourselves and others, we can develop deeper and more meaningful relationships.

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> Hear my prayer, Lord, listen to my cry for help; do not be deaf to my weeping.
> I dwell with you as a foreigner, a stranger, as all my ancestors were.
> *— Psalm 39:12*

Book: Old Testament / Psalms
Topics: sadness, humility, Prayer

Interpretation:
Psalm 39 is a prayer *David* offered to God in the midst of his suffering. In verse 12 of this psalm, David cries out to God, asking Him to hear him and not leave him alone in his troubles. This verse represents a universal truth: all people need to be heard and comforted in moments of pain and suffering.

David's request to God

In *Psalm 39:12*, David begs God to hear his prayer and cry. This reflects David's trust in God. He knew that God listens to us and cares for us. David also asks God not to ignore his tears. David's tears were an expression of his sorrow and pain. He was going through difficult times and wanted God to be with him in his suffering.

Why David says he's a stranger to God

David considered himself an outcast, unworthy of being near God. He understood that his sins were alienating him from God's presence. However, he also knew that God is a merciful God who forgives our sins. Therefore, although David acknowledged his position as an outcast, he also believed in God's love and grace.

Application to our daily lives

This verse is a call to humility and trust in God. Like David, we too must turn to God in difficult times. We must be confident that God hears us and comforts us. It is important to understand that no matter who we are or what our social position, God is always ready to listen to us and help us.

Furthermore, this verse reminds us to acknowledge our humility before God. Like David, we must understand that we are unworthy of God's grace, yet He is ready to hear our prayers. Therefore, we must turn to God with humility and trust in His mercy.

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> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.
> *— Psalm 42:7*

Book: Old Testament / Psalms
Topics: sadness, weakness

Interpretation:
Before delving into the verse in question, it's important to review *Psalm 42*. This psalm is known as a psalm of lament and consists of three sections. In the first, the psalmist describes his longing for God and His absence. In the second, he expresses his pain and sorrow over the persecution of his enemies. Finally, in the third section, the psalmist finds comfort in God, acknowledging His goodness and faithfulness.

Meaning of the verse

This verse, *Psalm 42:7*, is a metaphor describing the deep pain and suffering the psalmist experiences. The abyss suggests the depth of his sorrow, and the waterfalls symbolize the difficult circumstances he finds himself in. Moreover, the fact that all the waves passed over him suggests that he has been facing these difficulties for a long time, intensifying his pain.

Applying the verse to our lives

While this verse expresses pain and suffering, it also calls us to trust in God's goodness and faithfulness. At some point in our lives, we may face circumstances that make us feel like we're being overwhelmed by waves and waterfalls, as the psalmist describes. In such moments, it's important to remember that God is with us, and we can trust Him to guide us through these difficulties.

Furthermore, this verse also reminds us that we are not alone in our struggles. Like the psalmist, we can find comfort in the community of believers and in God's healing presence. When we feel overwhelmed by our problems, it's important to seek support and help from others, and to remember that God will never abandon us.

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> And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”
>
> *— Revelation 21:3-4*

Book: New Testament / Revelation
Topics: sadness, death, Eternal life, God, sickness, worrying

Interpretation:
These verses are very revealing about God’s promise to be present in the lives of His children. In this passage, the apostle *John* describes how a loud voice announced that God would establish His tabernacle with the people, dwelling among them and being their God forever. But what does this really mean for each of us?

Our nature of constant searching

While some may think that this promise only applies to when we attain eternal life after death, the reality is that God desires to be present in our lives now. The Bible shows us that we are constantly searching for beings. We seek happiness, personal fulfillment, love, fulfillment, and many other things that keep us in a constant state of searching. But in the presence of God, we can find everything we need. He is the way to happiness, peace, and tranquility.

God is our refuge

The psalmist stated in *Psalm 46:2* that *“God is our refuge and strength, an ever-present help in trouble.”* This same promise is preserved in *Revelation 21:3-4*. God dwells with us, that is, He inhabits our being. Whenever we feel discouraged or down, we can turn to Him for the comfort we need. His presence gives us hope and strength to keep going, even when things get tough.

We are His children

This promise also emphasizes God’s unfailing love for us. He desires to be with us, dwelling in us, caring for us, and protecting us. As stated in these verses, we will be *"His people,"* which means that *we are children of God*. He cares about our lives, our needs, our aspirations, and our dreams. With God’s presence in our lives, we can have the assurance that He will always be there for us.

There will be no more death, mourning, crying, or pain

In these verses, the Bible tells us of a future time when all that causes pain and suffering will cease. There will be no more death, pain, disease, or painful separations or farewells. There will be no more crying, wailing, or emotional pain. God's promise is that in this future kingdom, those who follow Him will find comfort and peace.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> ‘Never again will they hunger; never again will they thirst. The sun will not beat down on them,’ nor any scorching heat. For the Lamb at the center of the throne will be their shepherd; ‘he will lead them to springs of living water.’ ‘And God will wipe away every tear from their eyes.’
>
> *— Revelation 7:16-17*

Book: New Testament / Revelation
Topics: sadness, Comforter, encouragement, Eternal life, protection

Interpretation:
The Bible is full of comforting promises, and one of the most beautiful is found in *Revelation 7:16-17*, where we are assured that *the Lamb*, who is *Jesus Christ*, will shepherd His people and lead them to living springs of water, while God will wipe away every tear from their eyes. These verses are a message of hope and encouragement to those who are suffering, and they are proof that we can always find comfort in God's loving presence.

Deeper meaning

These verses are important because they give us a glimpse of the promise of a heavenly paradise where God will forever resolve all sorrow and pain. The image of a shepherd leading his flock to springs of fresh water is described as a place where every soul will find peace and well-being. Here we are reminded that God is the Shepherd who will lead His people through the trials of the world and lead those who follow Him to a place of blessing.

Jesus' promise

Jesus said in *John 10:11, "I am the good shepherd. The good shepherd lays down his life for the sheep."* This statement from Jesus reveals the depth of His love for us. He gave His life for us on the cross so that we could be led to springs of living water. His sacrifice is the guarantee that we will always have a source of comfort and love in difficult times. In His love and presence, we find the healing and comfort we need to keep going.

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> Rejoice with those who rejoice; mourn with those who mourn.
> — *Romans 12:15*

Book: New Testament / Romans
Topics: sadness, compassion, joy

Interpretation:

Empathy is the ability to put yourself in someone else’s shoes and sympathize with them. It is one of the greatest qualities we can have in life and it allows us to better understand the world around you.

Empathy allows us to understand how others are feeling and how we can help them during difficult times. *Romans 12:15* reminds us to show sympathy and solidarity with others.

Rejoice with those who rejoice

When we see someone happy and joyful, we can share their joy, celebrate with them and be a part of their happiness. This allows us to connect with other people and helps us maintain a positive outlook on life. Sharing moments of joy with others strengthens our relationships and brings us closer to them.

Cry with those who cry

However, life is not always rosy. In many cases, we meet people who are going through difficult times. It can be anything from losing a job to losing a loved one. In such cases, it is important to show solidarity with them and demonstrate our understanding and support.

We must remember that crying is a natural and necessary process that allows us to release and release sadness. But we do not have to do it alone. By crying with those who are sad, we show them that they are not alone and that we are there to support them on their journey. This can be not only a form of emotional support, but also a form of healing.

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