

Thankful In The Night—Empathy

The psalmist wrote, “Yet the Lord will command His loving-kindness in the daytime, and in the night His song shall be with me” (Psalm 42:8). Notice that the psalmist was praising God **IN** the night, not praising Him **FOR** the night. Many people have gone through what has been called “the dark night of the soul.” I don’t think anyone has ever given thanks because of being in a dark time, but certainly they have given thanks afterward because of the lessons learned in that dark time. Quite simply put, there are some things God wants to teach us that we can learn in no other way than to go through a dark night. So we can learn to be thankful even **IN** those nights.



Hebrews 10:22-25, 32-39 NIV

22 Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unswervingly to the hope we profess, for He who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. ...

32 Remember those earlier days after you had received the light, when you endured in a great conflict full of suffering. 33 Sometimes you were publicly exposed to insult and persecution; at other times you stood side by side with those who were so treated. 34 You suffered along with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. 35 So do not throw away your confidence; it will be richly rewarded. 36 You need to persevere so that when you have done the will of God, you will receive what He has promised. 37 For, “In just a little while, He who is coming will come and will not delay.” 38 And, “But My righteous one will live by faith. And I take no pleasure in the one who shrinks back.” 39 But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

“Pain contributes daily to a normal person’s quality of life.... Every normal person limps occasionally. Sadly, leprosy patients do not limp. Their injured legs never get the rest needed for healing.... This inability to ‘hear’ pain can cause permanent damage because the body’s careful responses to danger will break down. ... A body only possesses unity to the degree that it possess pain.... We must develop a lower threshold of pain by listening, truly listening, to those who suffer. ... The body protects poorly what it does not feel.” —Dr. Paul Brand

Job 12:5 NCV

5 Those who are comfortable don’t care that others have trouble; they think it right that those people should have troubles.

Hebrews 2:10-11 NIV

10 In bringing many sons and daughters to glory, it was fitting that God, for Whom and through Whom everything exists, should make the Pioneer of their salvation perfect through what He suffered. 11 Both the One who makes people holy and those who are made holy are of the same family. So Jesus is not ashamed to call them brothers and sisters.

Hebrews 5:8 NIV

8 Son though He was, He learned obedience from what He suffered

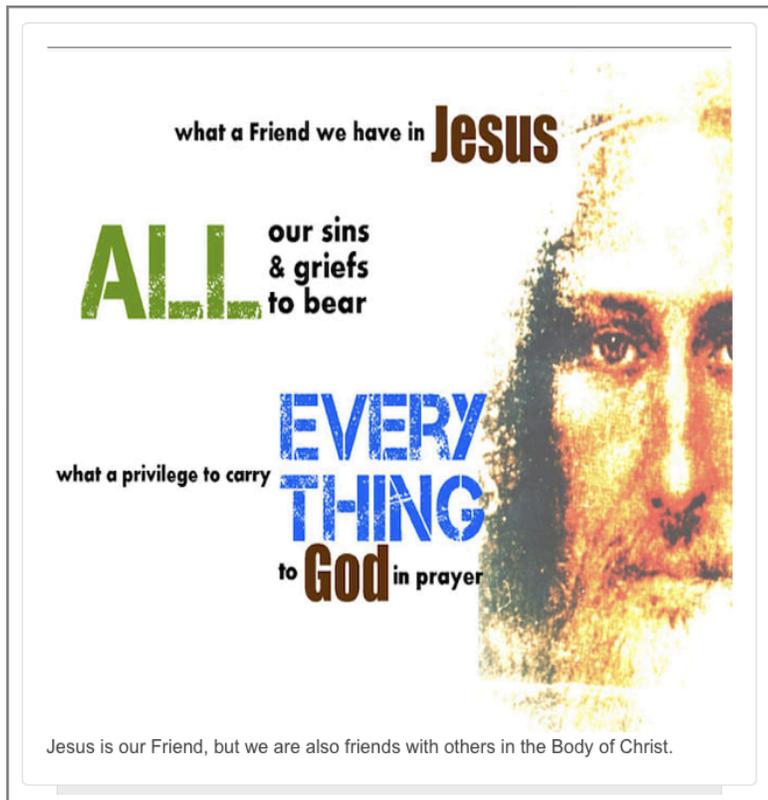
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Hebrews 2:14-17 NIV

14 Since the children have flesh and blood, He too shared in their humanity so that by His death He might break the power of him who holds the power of death—that is, the devil— 15 and free those who all their lives were held in slavery by their fear of death. 16 For surely it is not angels He helps, but Abraham’s descendants. 17 For this reason He had to be made like them, fully human in every way, in order that He might become a merciful and faithful high priest in service to God, and that He might make atonement for the sins of the people.

Hebrews 4:15 NIV

15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have One who has been tempted in every way, just as we are—yet He did not sin.



Jesus is our Friend, but we are also friends with others in the Body of Christ.

1 Corinthians 12:13, 26 NIV

13 For we were all baptized by one Spirit so as to form one body ... 26 If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

**I can be thankful *IN* the night because
God is growing my empathy so that I can help others!**