

Over the last few months I've been prompted to write emails or letters of encouragement & love to family & friends. Last week something happened to me that devastated me. I was deliberately hurt in an emotionally vulnerable place by someone close to me. Because it was unexpected, sudden & deliberate, I was instantly swamped by all my insecurities & hang-ups. Supposing what was said was true? When alone, I felt myself rapidly sinking into despair. So I spoke to myself & said I had to find something positive to do to counteract the hurt & replace my negative & soul-destroying thoughts. The only two positive things that came to mind was to write another encouraging letter to someone & to complete the next session of my current Bible study.

As I collected my writing materials, I broke down & cried & called out to God, " I don't want to write this letter of encouragement to someone, when I NEED an encouraging letter sent to me! But I will do it anyway Lord." I then wrote the letter quite quickly, as I had been thinking about it for a couple of days, even though I had to stop & keep wiping the tears from my blurred eyes. Then I picked up my Bible & study book & opened the study book at the next section. I read the introduction & then came to the first Bible reference to look up, Isaiah 40 v 1. As I read,

"Comfort, comfort my people," says your God', my mind stopped whirring.  
I read the verse again, out loud. "Comfort, comfort my people," says your God.'

Was this a letter of encouragement? As I thought about it, I KNEW this was my love letter from God. I felt the comfort of God go down into my soul & speak to my heart & mind, healing the hurt. I joyfully completed the rest of the Bible study & definitely felt comforted.

Over the next few days God's comfort, truth & love spoke to my insecurities & hang-ups that had reared their ugly heads in my mind. I realised that I often turned to other things to bring me comfort when I was hurt, instead of God & His Word. I distracted myself with nibbling food or reading a good book. Now God was telling me to seek my comfort directly from Him in future. I've been a Christian many years, maybe not very mature. I love reading my Bible & God has often spoken to me before through reading His word. But never has it been so instant, so personal & so precious.

I asked God to confirm that what was happening to me was truly from Him & not my own wishful thinking. I had my answer a day or two later when I read,

"When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O LORD God Almighty." (Jeremiah 15 v16.)  
Increase my appetite for your WORD, O GOD!

The truth of God's word has affected me deeply, in my mind, my heart & soul, and through to my body. I am not perfect yet, but I am further along the road to where God wants me to be. I may trip up over these issues again. But God is faithful & He has told me He will raise me up, & His Holy Spirit will remind me of what He has taught me at this time. What an amazing God we have & what an amazing love letter from God we have in the Bible; the Living Word of God, powerful & active in those who believe.