

## ***NOBODY KNOWS THE TROUBLE I'VE SEEN, NOBODY KNOWS MY SORROW***

These words are taken from a Spiritual song which originated during the period of slavery. The words of the song suggest that they are an account of the writer's personal experience, and convey the feelings of an individual who is hurting as he tries to cope with some of life's difficult circumstances.

### ***Nobody Knows***

These two words encapsulate one of the most disheartening experiences a person who is going through a time of physical or emotional trauma may suffer. The feeling that nobody really knows or understands what he or she is going through can ultimately lead to the belief that nobody even cares. This can have devastating consequences.

### ***Nobody Knows the Trouble I've Seen***

These words are sometimes used to justify, not just to others, but to the actual person, the reasons for uncharacteristic and even drastic behaviour. The feeling that nobody really knows how much hardship he or she has already seen or how much he or she has had to endure in the past can lead a person not just to self-pity but in some cases to self-harm.

### ***Nobody Knows my Sorrow***

Sorrow, be it grief as a result of the loss of a loved one, sadness caused by personal or family circumstances, or the pain of a broken relationship - can be a traumatic experience for anyone. Sorrow can break a person's heart. It can cause someone to lose hope. It can lead to loneliness, isolation and even suicide.

Having read thus far in this song, one could be excused for thinking the trouble, suffering and sorrow the writer of the song experienced would have caused him to despair and to give up hope. However, as we read the very last words of the song we discover why he did not lose heart. He knew there was hope for, though nobody else knew what he was going through, Jesus knew.

The writer says, ***'Nobody Knows but Jesus.'***

### ***Somebody Knows***

Friend, you may be hurting today and feel that nobody knows what you are going through. You may be in the midst of severe trials and difficulties that are wearing you down both physically and emotionally. Your heart may be heavy. You may be experiencing sorrow and suffering and feel that you are at your wits' end. You may feel that there is no hope. But let me assure you that there is hope, for somebody knows what you are going through. Jesus knows! And He cares! You are encouraged in the Scriptures to ***'give all your worries and cares to God, for he cares about you'***.<sup>1</sup>

Whatever burden you may be carrying today, you can bring it to Jesus. You can, in fact bring to Him the heaviest burden of all, which is the burden of inherited, unconfessed and unforgiven sin. According to the Scriptures, ***'everyone has sinned; we all fall short of God's glorious standard'***.<sup>2</sup> This means everyone carries the burden of sin. As sinners we are subject to sin's penalty: ***'For the wages [penalty] of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord'***.<sup>3</sup> This penalty includes not just spiritual and physical death but also separation from God for all eternity. This is a heavy burden to carry. However, Jesus took the burden of our sins upon Himself and died on the cross at Calvary as our substitute and sin bearer, thus paying sin's penalty on behalf of all who will repent of their sins and put their faith in Him. Three days later Jesus rose from the dead and today the living Saviour invites you to bring your burdens to Him. Jesus said, ***"Come to me, all of you***

who are weary and carry heavy burdens, and I will give you rest.”<sup>4</sup> The Lord invites all who are hurting to come to Him.

Friend, If you are hurting today Jesus invites you to bring your troubles, worries, sorrows and sins to Him and promises that, when you do, He will give you rest for your troubled soul. Here is Hope for the Hurting! If you come to Christ today, trusting Him as Saviour, you will receive forgiveness for sins, the gift of eternal life and the assurance of a home in Heaven.

### **You Can Know**

- Peace with God.

‘Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us’.<sup>5</sup>

- The Peace of God, which brings peace of mind.

‘Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus’.<sup>6</sup>

## **STEPS TO FAITH IN JESUS**

Jesus purchased for us a pardon by paying the penalty for our sins when He died on the cross as our substitute and sin-bearer. This pardon will be put to your account when you:

- **ACKNOWLEDGE** the fact that you are a sinner, and that you cannot earn or merit salvation.
- **BELIEVE** that when Jesus died on the cross He paid, on your behalf, the penalty for your sins.
- **COME** to the risen Saviour in sincere repentance, confessing your need of His forgiveness.
- **DECIDE** to reach out by faith and receive from God the gift of eternal life.

The following is a suggested prayer:

*‘Lord, I know I am not worthy of your mercy, but I believe you will not turn me away, for I come to you in sincere repentance, asking you to forgive my sins and to grant me the gift of eternal life. Thank you, Lord, for hearing and answering my prayer.’*

## **STEPPING STONES**

If you have trusted Christ as your Saviour you are now a member of God’s family and can call Him Father. In order to grow spiritually it is important that you:

- **LISTEN** to your Heavenly Father. God will speak to you through His Word so Bible reading is very important.
- **LEARN** to spend time with your Heavenly Father each day. You can speak to God in prayer.
- **LOOK** to Him always for direction for your life. God’s Holy Spirit, who indwells you, will guide and instruct you as you read the Bible and pray.

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### **Scripture References**

**1:** 1 Peter Ch.5 v. 7

**4:** Matthew Ch.11 v. 28

**2:** Romans Ch.3 v. 23

**5:** Romans Ch.5 v. 1

**3:** Romans Ch.6 v. 23

**6:** Philippians Ch.4 v. 7

