

## He Cares for You

The silence surrounding sexual abuse can be difficult. It stops *you* talking. Where do you go when the memories come back, when marks on your body perhaps remind you, when a new inability to form and sustain relationships reproduces the silence or when anxiety becomes chronic and even disabling? There is a deep loneliness that comes with such abuse. When Jesus sat up throughout the night before his arrest, knowing the physical and spiritual torment he must soon experience, he asked his disciples to keep watch, telling them how his soul was overwhelmed with sorrow (Matthew 26:36-46). They fell asleep. When he was arrested, those who had claimed to love him, fled. Jesus Christ knows what it is to suffer alone. He experienced the full range of human emotions. We do not have a God who is distant and unable to sympathise. We have one who is personal and *knows*. He knows as you read this what emotional pain you are experiencing and he urges you to cast all your anxieties upon him (1 Peter 5 :&). The Lord is not silent. He *knows, listens and cares*. He can lighten your burden by carrying it himself. If you know Christ, go to him now with your anger and tears. He will not push you away. If you do not know him yet, he calls you this very day so that he may grant you rest (Matthew 12:28-30).

## Have you lost part of yourself?

### Can you feel?