

HOPE IN THE SUFFERING

RESOURCES TO HELP YOU
MOVE FROM 'WHY' TO 'WHO'



We want to provide you with some help to find hope in the midst of your suffering. Below are some groups, books and resources that might provide that help, depending on the nature of your trial or suffering.

**Remember this and read it
over and over -**

God has said,

*“Never will I leave you;
never will I forsake you.”*

So we say with confidence,

*“The Lord is my helper;
I will not be afraid.*

*What can mere mortals
do to me?”*

Hebrews 13:5-6



Additional scriptures to help us in and through our suffering:

- James 1:2-4
- Romans 5:3-5
- John 16:33
- 2 Corinthians 4:17
- 1 Peter 5:10

GROUPS AT PANTANO

You can find details (contact information, when and where they meet, etc.) about each group below on our website at pantano.church/groups/

If you are suffering from the effects of cancer:

- **Cancer Support Group** - Once per month on campus

If you are suffering from relational loss:

- **DivorceCare** - Online Group
- **GriefShare** - Group leaders are traveling this summer and sessions will begin in September. However, people can go to GriefShare.org to find another location or online group meeting during the summer.
- **GriefShare-Loss of a Spouse Event** - August 30th
- **Healing for your Heart** - Saturdays on campus
- **Mending the Soul for Women** - Online and on campus

COUNSELING AT PANTANO

Peer counseling is first and foremost a relationship between you and the counselor. It is a free short-term, solution-focused care in a safe and confidential environment, designed to help you move forward on your personal or family journey.

>> Request counseling here

BOOKS RELATED TO SUFFERING

*Walking with God through Pain
and Suffering*

by Tim Keller

*When God Weeps: Why Our Suffering
Matters to the Almighty*

by Joni Eareckson Tada and
Steven Estes

*Disappointment with God: Three
Questions No One Asks Aloud*

by Philip Yancey

*The Question that Never Goes Away:
What is God up to in a world of such
tragedy and pain?*

by Philip Yancey

*Shattered Dreams: God's Unexpected
Path to Joy*

by Larry Crabb

