

# The Comfort Carriers

God comforts us so we can comfort others.

**Time:**  
5-7 minutes

**Focus:**  
Comfort, Love, Purpose

## Scriptures

2 Corinthians 1:3-4  
Galatians 6:2  
Romans 12:15  
Matthew 11:28-29  
1 Corinthians 10:13

## Parking lot

Write down distracting thoughts here:

## Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to make you a comfort carrier, someone who has experienced God's encouragement and can share it with others.

## Thought starter

God comes close to us and encourages us in every trouble. But his comfort doesn't stop with us; it flows through us so we can become comfort carriers, helping others with the same comfort we ourselves have received.

Here's what you'll learn in this Quick Quiet Time:

- God is the ultimate comforter, staying close to us in every struggle.
- God's unique purpose for each of us involves comforting others.
- God heals us in our troubles so we can heal others in theirs.

## God is the ultimate comforter.

### 2 Corinthians 1:3-4 AMP

Blessed [gratefully praised and adored] be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort, [4] who comforts and encourages us in every trouble so that we will be able to comfort and encourage those who are in any kind of trouble, with the comfort with which we ourselves are comforted by God.

## Lightbulb moment: God is the greatest source of comfort.

- He meets us in our deepest pain and walks with us through every storm.
- He doesn't overlook our pain. He stays with us in difficult times, reassures us with his Word, and listens to our prayers.
- He also equips us to comfort others with the comfort we have received from him.

## Reflect

- How does knowing that God offers this kind of deep, personal comfort shape the way you face your struggles?




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Notes:

## God comforts us by providing the path forward.

### 1 Corinthians 10:13 GNT

Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out.

 **Truth bomb:** Even in the midst of temptation or the weight of overwhelming trials, God doesn't leave us trapped or stranded.

- He is faithful; he will not only comfort us but also provide a way forward.
- God doesn't just sit with us in the struggle; he shows us the path to walk through it.
- This is an encouragement not only to us but also to anyone going through a trial.



### Reflect

- What "way out" has God provided in your past, and how might he be leading you through what you're facing now?
- How could you encourage a friend with this truth about God?



### Try it!

Pray for the "way out" for someone else.

- If you know someone in a "fire" or a "trial," pray for God to provide the "way out" and the strength for them to endure it.

## Our struggles become stories that give people hope.

### 2 Corinthians 1:3-4 GNT

Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! [4] He helps us in all our troubles, so that we are able to help others who have all kinds of troubles, using the same help that we ourselves have received from God.

 **Truth bomb:** God's comfort is meant to move, not sit still.

In every trial, God is not only present but also purposeful. He takes the hurt we've been through and uses it to help others.

- Our scars are someone's survival guide. The places where God healed us can help someone else find their way through the storm.
- The comfort we bring to others is part of God comforting us. It gives us purpose and a way through our pain.
- So as God's comfort flows to us, let's not dam the river. Let's keep sharing it with others by loving and helping them the way God helps us.

## Notes:

 Metaphor moment

God's comfort is like a lighthouse in the storm. Its light will guide us to safety, but it doesn't turn off once we make it to shore. It keeps shining like a beacon for others still lost at sea.

 Nerd notes**Greek insight** – “Paraklésis”

The word translated as “comfort” (παράκλησις) implies encouragement, strengthening, and coming alongside. It shares its root with Parakletos, the name for the Holy Spirit—our helper and advocate.

 Supporting scriptures**Galatians 6:2 NIV**

Carry each other's burdens, and in this way you will fulfill the law of Christ.

➔ We don't have to be perfect to comfort someone else. We don't need all the answers. We just need to show up and share how God has encouraged us.

**Romans 12:15 NIV**

Rejoice with those who rejoice; mourn with those who mourn.

➔ Empathy heals and helps our friends in times of trouble.

**Matthew 11:28-29 NIV**

“Come to me, all you who are weary and burdened, and I will give you rest. [29] Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

➔ When we are burdened, comfort and help flow from surrender and intimacy with Jesus.

 **Final thoughts**

The God of all comfort walks with us through the fires of life. He strengthens us in the storm and then sends us back into the world as living proof that healing is possible.

Let's not keep God's comfort to ourselves. Let's be the ones who show up, who listen, and who remind others they're not alone.

Let's be the lighthouse in someone else's storm, the steady voice that says, “God brought me through, and he'll bring you through too.”

Go and be the help you once prayed for.

**Reflect**

Where in your life have you experienced God's comfort, and who around you might need that same comfort today?

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