

now. My arms are strong enough to hold you up. My shoulders are broad enough to carry the weight of all your sorrows. Come to Me, talk with Me, and open your heart to let Me speak to you. I love you, and I want to help you know that and believe it. Let Me love you. Let Me help you. Let Me give you hope. Let Me show you the good, even if it's through your tears. Let Me show you how you can love and comfort others, even when it seems you have little or nothing to give. Let Me help you pick up the broken pieces of your life and make something beautiful of them. Let Me help you rebuild your life on a solid foundation, one that will last when all else fails. I am forever, I am here for you, and I will love you for all eternity.

—Jesus

If you don't know Jesus, you can invite Him into your life by praying this simple prayer:

Dear Jesus, please come into my heart, and give me Your gift of eternal life. Please forgive me for my mistakes and wrongs, and thank You for loving me despite them. Help me to know Your love and peace, and help me to learn how to give Your love and comfort to others as well. Thank You for hearing and answering this prayer and for being with me always, from this moment on. Amen.

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Loss. Damage. Death. Devastation. These are words you hear a lot right now. You have been touched by sorrow. You know what loss means. Your heart aches. Your spirit is low. You've seen how from one day to the next a life can drastically change—or end. Someone who was here yesterday could be gone tomorrow. Anything can happen. Nothing physical lasts forever.

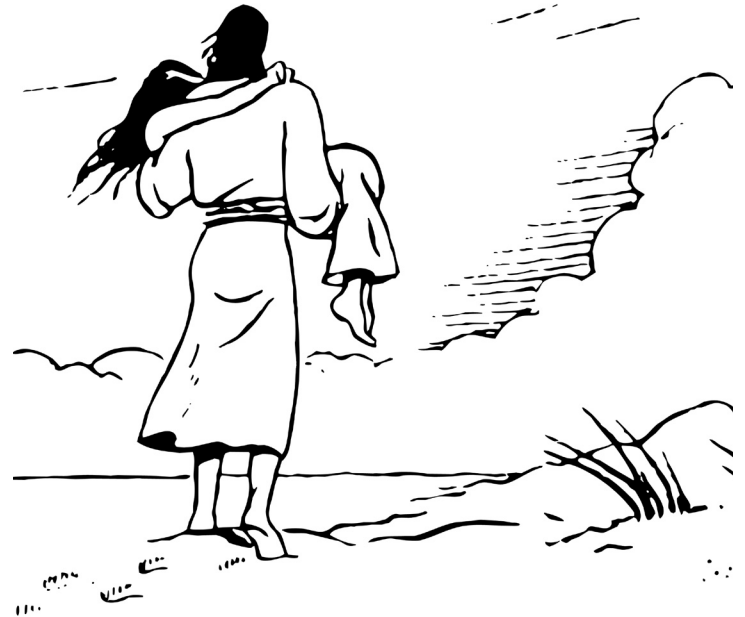
Hope. Peace. Happiness. Faith. These are words you don't hear much right now. These aren't things you can see and feel, the way you can see and feel your loss. Yet these spiritual things are what matter most at the end of the day.

I know about suffering. I know about loss. I experienced it Myself. I also know about hope, peace, happiness, and faith. They come from Me, and they are yours for the asking. To find faith, you just need to find Me—Jesus—and I'm right here. All you have to do is call, and I'll be right with you. I have a lot to offer you! In fact, I have just what you need, no matter what it is or who you are, and I start giving the moment you reach out to Me. In the day-to-day rush of normal life, it's easy to ignore Me, and even forget about Me. At times like this, though, it becomes more obvious that you need more than what you have within yourself, or around you. You need Me. You've seen how material things and even the people you love and count on most can't always be there for you. There are only two constants in life, only two sure things that will never change no matter what, and they are Me and My love. I am always here for you, and so is My love.

The reasons for disasters like this one, as well as the ways in which I manifest My love in such times, are as varied and as complex as the people involved. But if you'll open your heart and reach out to Me, wanting to trust and believe in My love, then you will come to know it.

Let Me Help

—A message from Jesus



Once you trust in My love, you will be able to see its good effects in your life, even in the worst of times. If you let Me open your spiritual eyes, you'll see that there is always something to be thankful for, and you'll discover the power of gratefulness, which can lift you out of the depths of sorrow and despair. Count your blessings, even if you can only think of one, and thank Me for it. I call this "praise." When you praise Me, it will bring a sense of peace to your heart that can't be explained. When you thank Me for the good in your life, you are in essence acknowledging My presence and humbling yourself before My power. You put yourself in a good spiritual position—one where faith and peace and inner strength that you could never find within yourself become available to you.

If you're having a hard time thinking of something you can be thankful for right now, try thinking about how the situation could be worse, or how it is worse for others. No matter how bad you have it, there's always someone who's lost more or suffered more than you. That means there's always someone who needs you, someone whom you can support, love, and comfort. It's only natural to be focused on your own sorrow and loss, but if you can look beyond that and think about what you can do for others, you'll find that in giving to others you'll receive from Me. I bless unselfish love and concern. I fill the giving and caring heart with genuine love and happiness—more than enough for itself—so it can continue to share with others.

I know you, I love you, and I can make it possible for you to have a complete and beautiful life, no matter what happens or what goes wrong. If you have faith, anything is possible. If you have Me, then you can have faith no matter how impossible things look.

If you haven't spoken with Me much before, now is a good time to start. If you know Me and love Me, lean harder on Me

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