



Receive Comfort from Jesus

A worksheet for weary hearts · Scripture quotations from the NKJV

Comfort is not something you produce. It is something you receive. God is called the Father of mercies and the God of all comfort (2 Corinthians 1:3, NKJV) — comfort is who He is, not a reward for holding it together. Read slowly. Let one verse be enough.

2 Corinthians 1:3-4 (NKJV)

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

Psalms 34:18 (NKJV)

The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

Matthew 11:28-30 (NKJV)

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

Isaiah 41:10 (NKJV)

Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.

Psalms 23:4 (NKJV)

Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

Psalms 147:3 (NKJV)

He heals the brokenhearted and binds up their wounds.

John 14:16-18 (NKJV)

And I will pray the Father, and He will give you another Helper, that He may abide with you forever... I will not leave you orphans; I will come to you.

Isaiah 66:13 (NKJV)

As one whom his mother comforts, so I will comfort you.



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Reflection · Be still and receive

Be Still and Receive — a 4-minute practice

1. Breathe in for 4, out for 6. Repeat four times.
2. Pray slowly: "Jesus, I receive Your comfort." (inhale on "Jesus," exhale on the rest)
3. Rest for one minute without asking for anything. Let Him be near.

What am I carrying today that needs comfort?

Where have I been trying to comfort myself apart from Jesus?

Which verse above speaks to me right now — and why?

What would receiving comfort from Jesus look like for me this week?

Who might God be inviting me to comfort with the comfort I have received? (2 Corinthians 1:4)

"He heals the brokenhearted and binds up their wounds."

Psalm 147:3 (NKJV)

Sources & Further Resources

- Scripture quotations are taken from the New King James Version (NKJV). Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.
- Gray, Bonnie. *Whispers of Rest: 40 Days of God's Love to Revitalize Your Soul*. Harvest House Publishers, 2017.
- Alabaster Co. "Receive Comfort from Jesus" guided meditation, Alabaster Co channel, YouTube.
- Suggested songs: "I Won't Let You Go" — Switchfoot (Fading West, Atlantic, 2014); "It's Always Been You" — Phil Wickham (I Believe, Fair Trade Services, 2023).
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