

# Why Does God Allow Bad Things to Happen?

Times of crisis may cause us to doubt God and His goodness. Can we depend upon the trustworthiness of God? Can we trust what He says about Himself in the Bible?

No matter what happens in our world, we can rely on this truth—God is always completely trustworthy and completely good. Use the information in this article to help answer the questions of students who have been through difficult experiences and who are struggling to trust in God and His goodness.

## **If God is good, why does He allow bad things to happen?**

God created the world to be good. But when Adam and Eve disobeyed God, sin and death entered the world. Because we live in a fallen, imperfect world, terrible things happen. But, in spite of the pain and fear we sometimes feel, we can trust that God is completely good.

Because we are limited and God is unlimited, we are not capable of fully understanding everything. Some people say that our human understanding is like looking at the back of a piece of embroidered cloth or tapestry. The patterns and beauty on the front are not visible from the back. The back looks more like a mess of knots and threads. While God sees the completed, beautiful picture, all we can see is the knotted, messy parts. It is a matter of perspective. We can remember that while we do not understand, we can still trust and obey as we praise God because He is loving and merciful. He is always working for our good, even when we do not see it.

---

*The LORD is good, a refuge in times of trouble.  
He cares for those who trust in him.*  
Nahum 1:7

---

---

*Give thanks to the LORD, for he is good.  
His love endures forever.*  
Psalm 136:1

---

## **How can I believe that God is with me?**

When difficult and painful things happen, it is not uncommon to feel alone or to wonder if God has abandoned you. But God's Word reveals that He is always trustworthy and always faithful.

---

*What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ...*

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

Romans 8:31–32, 38–39

---

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

Isaiah 41:10

---

### **How can I pray?**

When you have been through a painful experience, praying can seem impossible. When you are not sure how or what to pray, you can read or recite the psalms as prayers. There are many emotions expressed in the psalms, from the most joyful elation to the darkest depression and fear. Here are some verses that may help you begin to pray:

---

*Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.*

Psalms 4:1

---

*My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish? My God, I cry out by day, but you do not answer, by night, but I find no rest. Yet you are enthroned as the Holy One; you are the one Israel praises. In you our ancestors put their trust; they trusted and you delivered them. To you they cried out and were saved; in you they trusted and were not put to shame.*

Psalms 22:1–5

---

### **How do I begin to heal?**

You may wonder if you will ever stop crying. You may be numb and think that you will never feel anything but sadness. You may feel that there is no hope. But these feelings will not last forever. God can heal your heart, but it will take time. Here are some verses to give you hope.

---

*Come to me, all you who are weary and burdened, and I will give you rest.*

Matthew 11:28

---

---

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

Romans 8:28

---

**We are praying for you!**

Helping teens who are hurting and asking difficult questions can be challenging, but showing love and compassion can help them to heal. If it is appropriate, share your own fears and pain, so they will know they are not alone. Pray with and for them, continually reminding them that they are important to you and to God. As you guide the teens in your care, may you be filled with godly wisdom, so that in all you say and do, you will bring the love and comfort of Jesus into their lives.