

## How to Help the Hurting

Text: Job 7-8

Pastor Gregg Cantelmo • July 20, 2025

Eliphaz emphasized the sinfulness of man, and Bildad majored on the justice of God. Both men were trying to help Job in his suffering, but both made things worse. They both were more interested in correcting Job than listening to him and his needs. From their actions we learn how not to be a listener.

Chapter 7—Job laments his Misery.

Chapter 8—Bildad agrees with Eliphaz that Job's suffering is just punishment for his rebellion.

When listening to the hurting:

1. Do not **D**\_\_\_\_\_ the conversation.
2. Validate the **F**\_\_\_\_\_ of the other person.
3. Do not **I**\_\_\_\_\_ the other person.
4. Do not immediately **C**\_\_\_\_\_ the other person.
5. Ask **I**\_\_\_\_\_ questions.

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