

URBAN  
SAINTS

# How To Keep Going When It Hurts

A blurry, high-contrast image of a person running from left to right, wearing a dark t-shirt and light-colored shorts. The background is a light, textured gray.

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**“There are moments in youth work that feel like the air has been knocked out of your lungs.”**

**So how do you keep going, even when it hurts?**

**This PDF aims to give you the courage to have authentic conversations with yourself and others about the reality of walking through hurt as a Youth Leader.**

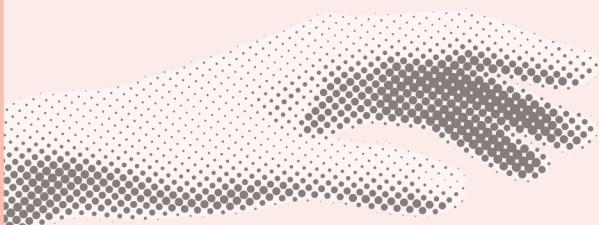
**This article is for you,  
the youth worker who's grieving,  
the volunteer who's weary, and  
the leaders who have lost hope.**

## Overview

**1 Be honest about the pain**

**2 Break things down into steps**

**3 Stay connected to people and  
things that give you strength**



**Together, let's  
explore how to  
hold on when it  
hurts, and how to  
find light even if  
it's just a flicker in  
the darkest places.**

## Be Honest About The Pain



Sometimes the hardest step is just admitting that things hurt. God never asks us to pretend. The Psalms are full of people crying out in their struggles, and yet those prayers are still heard and loved by Him. Naming out pain before God, in prayer, journaling, or even with a trusted friends can be the first step toward healing.

### The permission to be human is yours

The expectation in some settings will be to hold it all together. Yet acknowledging the pain instead of fighting it is a courageous and important choice to make. Jesus in fact wept, He expressed his deep sadness in public. It's important to recognise that it's unhealthy for our bodies to bottle up the emotions, leading us to potentially carrying pain for much longer.

# Break Things Down Into Small Steps



When life starts to feel overwhelming, and the pain starts creeping in, looking too far ahead can feel entirely impossible. Jesus tells us explicitly not to worry for “each day has trouble of its own”. Focusing on today - one step, one act of courage, one breath of hope is often how we make it through the valleys.

**Therefore do not worry  
about tomorrow, for  
tomorrow will worry  
about itself. Each day has  
enough trouble of its own.**

Matthew 6:34  
(NIV)

# Stay Connected to People and things That Give You Strength

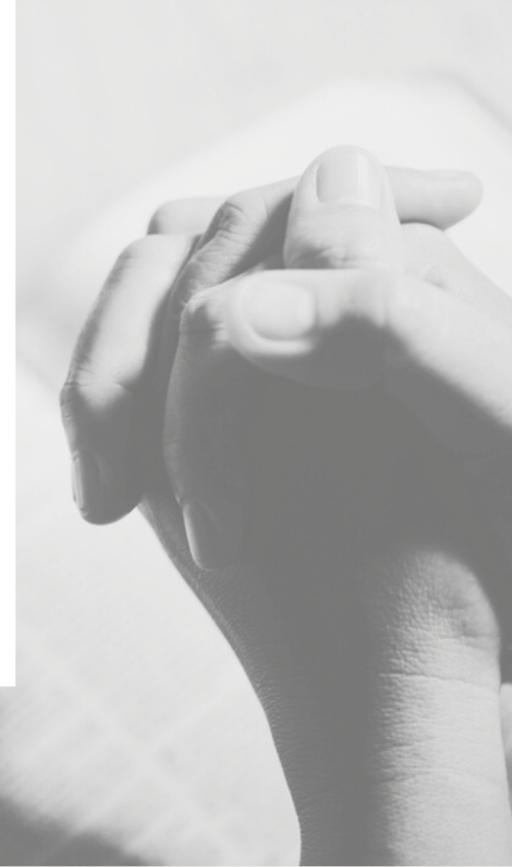


Pain often makes us want to **retreat**

We should support one another, whether it's through prayer, being with loved ones, or simply sitting with God. We can always find strength in the presence of others and in His unfailing love. Sometimes we struggle to lean into God, yet he knows our hearts, and will be faithful to us. He covers us with the shelter of His wing if we choose to be present in the pain.

## Carry each others burdens

Galatians 6:2 (NIV)



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walk with them.

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