



30 Text Messages to Send to Someone Who Is Suffering

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When someone you care about is hurting, you may not know what to say. You want to offer encouragement, but you also do not want to minimize their pain or hand them an easy answer.

Part of what makes it hard is that two things can be true at the same time. Someone can be deeply hurting and still have hope. They can feel overwhelmed and still be held by God's love. They can grieve what is happening while also trusting that Jesus is with them.

The 30 texts below are written to help you reach out with compassion during a season of suffering, sadness, grief, or difficulty. Each one acknowledges that their pain is real, while gently pointing toward the comfort, hope, and identity we have in Jesus Christ.

Some offer a reminder of God's faithfulness. Others simply say, "I see you. I care about you. You do not have to walk through this alone."

If the person on your mind is a parent whose child is living with mental illness, these messages were written with them in view. That kind of season rarely has a clear beginning or end. There is often no casserole and no card, because nobody is quite sure what to call what the family is going through. A text can reach them anyway.

The goal is not to fix someone's pain with a text. It is to offer a small expression of care and a gentle reminder that, even in the middle of deep pain, they are seen, loved, and held by God.

A Text Matters More Than You Think

Parents tell us the same thing again and again: the silence hurts worse than the awkward words.

When a family is living with the challenges of a mental illness, the people around them tend to go quiet. Nobody knows what to say, so nobody says anything. Months go by and the parent is left wondering whether anyone really cares.

Parents rarely recall whether a message was worded perfectly. They recall that it came. They recall who was still checking in years later, when nothing had changed and most others had moved on.

A text message is small. That is part of why it works. It doesn't ask the parent to explain anything or act like they're okay. It does not require energy they may not have. It lands quietly and says: I know you are still in this.

How to Use These Messages

Let the relationship set the pace. This is not a schedule. Use your best judgment and send them when it feels natural and needed. Your closeness to the family and what they are living through can help you decide how often you reach out.

You probably don't need to send all 30. Pick the ones that sound like you. Change the words so they sound even more like you. A message in your own voice will always land better than one that reads like it came from a resource.

Pay attention to where they are with God. Some parents in this season are angry at God. Others have gone numb and cannot pray at all. If that is your friend, a Scripture-forward message can feel like correction rather than comfort. Start with presence. Start with "I am here, and I am not going anywhere." The messages about hope and identity may be exactly right later, and later is fine.

A reply is not the point. Adding a line like "no need to text back" gives an exhausted parent permission to receive your care without owing you anything for it.

Keep going. Many families walk through the valley of pain and sadness for years. Mental illness rarely comes with an end date, and support tends to fade over time. You do not have to say anything new. A text in year five that says "still thinking about you" can carry more weight than anything you sent at the beginning.

Messages of Hope

1. I know it may be difficult to imagine a hopeful future right now. You don't have to force yourself to feel hopeful today. Even when you cannot see the way forward, you are not without hope. Jesus is with you, even here.
2. I know today may feel long and exhausting. You don't have to figure out the whole future today. Just take the next step. Jesus is with you, and I'm praying he will give you

strength for today and hope for tomorrow.

3. Hope doesn't mean pretending everything is okay. Things may not be okay right now. Hope means that even while we grieve what is happening, we can trust that because of Jesus, pain does not get the final word.
4. I know your sorrow is real. I know this hurts. And I also believe that the hope we have in Jesus is real. You don't have to feel hopeful every moment for hope to still be yours.
5. I know things may feel broken right now, and I'm so sorry. Because Jesus rose from the dead, we can grieve what is broken while still believing that brokenness and despair will not have the final word.
6. I am praying that, even in the midst of your sorrow, you can hold on to this today: your pain matters. And because of Jesus, so is the hope that is yours in Christ. You can grieve what hurts while trusting that the Lord is with you here, in this place.

Messages of Comfort

7. I know you're hurting, and I'm so sorry. I just want to remind you that God is not distant from you in this. He is the God of all comfort, and he is with you right now.
8. I'm thinking about you and praying for you today. I know there may not be much anyone can say to make this better. I'm praying that you will sense the comfort of Christ right in the middle of your pain.
9. You don't have to carry this alone. I know it may feel that way sometimes, but God is with you, and I'm here too. I'm praying that his comfort and peace will meet you right where you are.
10. I know words can feel inadequate when you're hurting this much. I'm not trying to fix this with words. I just want you to know that I care about you, God sees you, and you can take this one day at a time.
11. I know there may be moments when Jesus feels far away. I'm so sorry for how painful this is. Even when you don't feel his presence, you can still be held by the truth that he has not left you.
12. I'm praying for you today. I'm praying that Jesus will meet you right where you are and give you the comfort and strength you need for this day.

Messages About Identity in Christ

13. I know this pain can feel like it is taking over everything. But even though you are hurting deeply, this pain is not all that you are. You belong to Jesus, and you are deeply loved.
14. I know your diagnosis, grief, or this difficult season may feel like it defines everything right now. But it does not define you. You can be deeply affected by what you're going through and still belong completely to Jesus.
15. When everything feels overwhelming, it can be hard to remember what is still true. You may feel lost or uncertain, and you still belong to Christ. You are loved. There is no condemnation for you in him.
16. I know hard things can shake us and make us question so much. You may feel shaken, and your identity in Christ can still be secure. You are still held by the love of God.
17. I know so much may feel uncertain right now. And even in the middle of that uncertainty, this remains true: you belong to Jesus, and nothing in all creation can separate you from his love.
18. I know this season may have changed so much for you. You may be grieving, confused, or afraid. And before anything else, remember this: you belong to Jesus. You are loved, you are not condemned, and you are not alone.

Messages for the Weight of Suffering

19. I know this is really hard right now, and I'm so sorry you're having to walk through it. I don't have easy answers, but I do believe that God is with you, even here.
20. I know what you're carrying is heavy. I'm not going to pretend it's easy or try to explain it away. I just want you to know that you don't have to carry it alone.
21. I'm so sorry this is the road you're having to walk right now. I wish I could take some of the pain away. I'm praying that, even in the middle of it, you will know that Jesus is near.
22. I know this season is painful, and I'm sorry. You may not be able to see anything good in it right now, and you don't have to. I do believe that God is still with you in this.
23. I know you would never have chosen this. I'm sorry you're having to walk through it. I'm praying that Jesus will meet you in the middle of your pain and give you the strength you need for today.

24. Your pain matters. What you're going through matters. And even when you feel like you have very little strength left, I'm praying that God's grace will hold you.

Messages That Offer Practical Help

25. I know you're carrying a lot right now, and I'm praying for you. You may not even know what would help, and that's okay. If it would be helpful, I could bring a meal, run an errand, or give you a call.

26. I know even simple things can feel overwhelming when you're hurting. You don't have to figure everything out alone. If groceries, a ride, or someone to sit and listen would help, I'm here.

27. I'm praying that Jesus will strengthen you today. And I also want to help in a practical way if I can. You don't have to have a big need. Is there something small I could do to make this week a little easier?

28. I care about you, and I know words aren't always enough. I may not be able to change what you're going through, but I would love to help carry a small part of the load. Is there one practical thing I could do this week?

29. I know you're going through a lot right now. You don't have to explain everything or have the right words. If there is one need you have this week that I could help with, please let me know.

30. I'm praying for you today. I know this is a difficult time, and you may not know exactly what you need. If you need a meal, a ride, someone to talk to, or simply someone to check in, I'm here.

Save These for the Days You Need Them

You are not going to remember all of this when the moment comes. Nobody does.

Download the full list and keep it somewhere you will find it again, whether that is your phone or a printed copy in your desk at home. It is also worth passing along to the person in your church who wants to help a family and doesn't know where to start.

[\[Download the 30 texts\]](#)

One More Thing You Can Send

If you are close to this family, there is something else worth passing along.

Hope for Brighter Tomorrows exists for the parent on the other end of your text. We were founded by Kay Warren, a mother who experienced a family tragedy due to severe mental illness. We walk alongside parents whose children are living with mental illness at any age, from childhood into adulthood.

Our HBT community is a safe space for exhausted parents, with free virtual calls where nobody has to explain themselves and nobody gets fixed. Send them the link and let them decide if they are ready.

And if you are the parent reading this, not the friend: there is a seat at this table for you.

If your loved one is in immediate danger or you are concerned about their safety, contact the 988 Suicide and Crisis Lifeline by calling or texting 988. If there is an emergency, call 911 and let the operator know your loved one is experiencing a mental health crisis.

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