

Groanings

For my sighing comes before I eat, And my groanings pour out like water. Job 3:24

When all is lost, everything tried but failed, completely helpless, we can understand those who groan and sigh. When there is no hope and nothing left to do, Immanuel remains. As we look to the Author and Finisher of Our Faith. He and He alone is our solution. While He does not change history, He does overcome the world for us as we allow ourselves to be wholly with Him.

Studies included in this article are: Groanings; Groan; Groaned; Groans; Sighing; Sigh; Sighs; Sighed, Moan; Bitter Soul; Anguish; Affliction (with “Lord”); Affliction (Job); Affliction (Psalms); Affliction (New Testament); Biblical Examples: My Affliction; Affliction Answer- Turn To The Lord

For more information on this topic, please see: “Fear Not”; “Cried Out To The Lord”; “Tribulations”; “Anxiety”

Groanings

Job 3:24 For my sighing comes before I eat, And my [groanings](#) pour out like water.

Ezekiel 30:24 I will strengthen the arms of the king of Babylon and put My sword in his hand; but I will break Pharaoh’s arms, and he will groan before him with the [groanings](#) of a mortally wounded *man*.

Romans 8:26 Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with [groanings](#) which cannot be uttered.

Groan

Job 24:12 The dying [groan](#) in the city, And the souls of the wounded cry out; Yet God does not charge *them* with wrong.

Psalms 38:8 I am feeble and severely broken; I [groan](#) because of the turmoil of my heart.

Proverbs 29:2 When the righteous are in authority, the people rejoice; But when a wicked *man* rules, the people [groan](#).

Jeremiah 51:52 "Therefore behold, the days are coming," says the LORD, "That I will bring judgment on her carved images, And throughout all her land the wounded shall [groan](#)."

Ezekiel 30:24 I will strengthen the arms of the king of Babylon and put My sword in his hand; but I will break Pharaoh’s arms, and he will [groan](#) before him with the groanings of a mortally wounded *man*.

Joel 1:18 How the animals [groan!](#) The herds of cattle are restless, Because they have no pasture; Even the flocks of sheep suffer punishment.

Romans 8:23 Not only *that*, but we also who have the firstfruits of the Spirit, even we ourselves [groan](#) within ourselves, eagerly waiting for the adoption, the redemption of our body.

2 Corinthians 5:2 For in this we [groan](#), earnestly desiring to be clothed with our habitation which is from heaven.

2 Corinthians 5:4 For we who are in *this* tent [groan](#), being burdened, not because we want to be unclothed, but further clothed, that mortality may be swallowed up by life.

Groaned

Exodus 2:23 Now it happened in the process of time that the king of Egypt died. Then the children of Israel [groaned](#) because of the bondage, and they cried out; and their cry came up to God because of the bondage.

John 11:33 Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He [groaned](#) in the spirit and was troubled.

Groans

Romans 8:22 For we know that the whole creation [groans](#) and labors with birth pangs together until now.

Sighing

Job 3:24 For my [sighing](#) comes before I eat, And my groanings pour out like water.

Psalms 12:5 "For the oppression of the poor, for the [sighing](#) of the needy, Now I will arise," says the LORD; "I will set *him* in the safety for which he yearns."

Psalms 31:10 For my life is spent with grief, And my years with [sighing](#); My strength fails because of my iniquity, And my bones waste away.

Psalms 38:9 Lord, all my desire *is* before You; And my [sighing](#) is not hidden from You.

Isaiah 21:2 A distressing vision is declared to me; The treacherous dealer deals treacherously, And the plunderer plunders. Go up, O Elam! Besiege, O Media! All its [sighing](#) I have made to cease.

Isaiah 35:10 And the ransomed of the LORD shall return, And come to Zion with singing, With everlasting joy on their heads. They shall obtain joy and gladness, And sorrow and [sighing](#) shall flee away.

Isaiah 51:11 So the ransomed of the LORD shall return, And come to Zion with singing, With everlasting joy on their heads. They shall obtain joy and gladness; Sorrow and [sighing](#) shall flee away.

Jeremiah 45:3 "You said, 'Woe is me now! For the LORD has added grief to my sorrow. I fainted in my [sighing](#), and I find no rest.'"

Lamentations 3:56 You have heard my voice: "Do not hide Your ear From my [sighing](#), from my cry for help."

Ezekiel 21:7 "And it shall be when they say to you, 'Why are you sighing?' that you shall answer, 'Because of the news; when it comes, every heart will melt, all hands will be feeble, every spirit will faint, and all knees will be weak *as* water. Behold, it is coming and shall be brought to pass,' says the Lord GOD."

Sigh

Psalms 90:9 For all our days have passed away in Your wrath; We finish our years like a sigh.

Isaiah 24:7 The new wine fails, the vine languishes, All the merry-hearted sigh.

Lamentations 1:4 The roads to Zion mourn Because no one comes to the set feasts. All her gates are desolate; Her priests sigh, Her virgins are afflicted, And she *is* in bitterness.

Lamentations 1:11 All her people sigh, They seek bread; They have given their valuables for food to restore life. "See, O LORD, and consider, For I am scorned."

Lamentations 1:21 "They have heard that I sigh, *But* no one comforts me. All my enemies have heard of my trouble; They are glad that You have done *it*. Bring on the day You have announced, That they may become like me.

Ezekiel 9:4 and the LORD said to him, "Go through the midst of the city, through the midst of Jerusalem, and put a mark on the foreheads of the men who sigh and cry over all the abominations that are done within it."

Ezekiel 21:6 Sigh therefore, son of man, with a breaking heart, and sigh with bitterness before their eyes.

Ezekiel 24:17 Sigh in silence, make no mourning for the dead; bind your turban on your head, and put your sandals on your feet; do not cover *your* lips, and do not eat man's bread *of sorrow*.

Sighs

Lamentations 1:8 Jerusalem has sinned gravely, Therefore she has become vile. All who honored her despise her Because they have seen her nakedness; Yes, she sighs and turns away.

Lamentations 1:22 Let all their wickedness come before You, And do to them as You have done to me For all my transgressions; For my sighs *are* many, And my heart *is* faint.

Sighed

Mark 7:34 Then, looking up to heaven, He [Jesus] sighed, and said to him, "Ephphatha," that is, "Be opened."

Mark 8:12 But He sighed deeply in His spirit, and said, "Why does this generation seek a sign? Assuredly, I say to you, no sign shall be given to this generation."

Moan

Psalms 55:2 Attend to me, and hear me; I am restless in my complaint, and [moan](#) noisily.

Isaiah 59:11 We all growl like bears, And [moan](#) sadly like doves; We look for justice, but *there is* none; For salvation, *but* it is far from us.

Bitter Soul

1 Samuel 1:10 And she *was* in [bitterness of soul](#), and prayed to the LORD and wept in anguish.

Job 3:20 Why is light given to him who is in misery, And life to the [bitter](#) of [soul](#).

Job 27:2 *As* God lives, *who* has taken away my justice, And the Almighty, *who* has made my [soul](#) [bitter](#).

Proverbs 27:7 A satisfied [soul](#) loathes the honeycomb, But to a hungry [soul](#) every [bitter](#) thing *is* sweet.

Anguish

Genesis 42:21 Then they said to one another, "We *are* truly guilty concerning our brother, for we saw the [anguish](#) of his soul when he pleaded with us, and we would not hear; therefore this distress has come upon us."

Exodus 6:9 So Moses spoke thus to the children of Israel; but they did not heed Moses, because of [anguish](#) of spirit and cruel bondage.

Deuteronomy 2:25 "This day I will begin to put the dread and fear of you upon the nations under the whole heaven, who shall hear the report of you, and shall tremble and be in [anguish](#) because of you."

Deuteronomy 28:65 "And among those nations you shall find no rest, nor shall the sole of your foot have a resting place; but there the LORD will give you a trembling heart, failing eyes, and [anguish](#) of soul.

1 Samuel 1:10 And she *was* in bitterness of soul, and prayed to the LORD and wept in [anguish](#).

2 Samuel 1:9 "He said to me again, 'Please stand over me and kill me, for [anguish](#) has come upon me, but my life still *remains* in me.'

Job 6:10 Then I would still have comfort; Though in [anguish](#), I would exult, He will not spare; For I have not concealed the words of the Holy One.

Job 7:11 "Therefore I will not restrain my mouth; I will speak in the [anguish](#) of my spirit; I will complain in the bitterness of my soul.

Job 15:24 Trouble and [anguish](#) make him afraid; They overpower him, like a king ready for battle.

Psalms 38:18 For I will declare my iniquity; I will be in [anguish](#) over my sin.

Psalms 77:10 And I said, "This *is* my [anguish](#); *But I will remember* the years of the right hand of the Most High."

Psalms 119:143 Trouble and [anguish](#) have overtaken me, *Yet* Your commandments *are* my delights.

Proverbs 1:27 When your terror comes like a storm, And your destruction comes like a whirlwind, When distress and [anguish](#) come upon you.

Isaiah 8:22 Then they will look to the earth, and see trouble and darkness, gloom of [anguish](#); and *they will be* driven into darkness.

Isaiah 30:6 The burden against the beasts of the South. Through a land of trouble and [anguish](#), From which *came* the lioness and lion, The viper and fiery flying serpent, They will carry their riches on the backs of young donkeys, And their treasures on the humps of camels, To a people *who* shall not profit.

Jeremiah 4:31 "For I have heard a voice as of a woman in labor, The [anguish](#) as of her who brings forth her first child, The voice of the daughter of Zion bewailing herself; She spreads her hands, *saying*, 'Woe *is* me now, for my soul is weary Because of murderers!'

Jeremiah 6:24 We have heard the report of it; Our hands grow feeble. [Anguish](#) has taken hold of us, Pain as of a woman in labor.

Jeremiah 15:8 Their widows will be increased to Me more than the sand of the seas; I will bring against them, Against the mother of the young men, A plunderer at noonday; I will cause [anguish](#) and terror to fall on them suddenly.

Jeremiah 49:24 Damascus has grown feeble; She turns to flee, And fear has seized *her*. [Anguish](#) and sorrows have taken her like a woman in labor.

Jeremiah 50:43 "The king of Babylon has heard the report about them, And his hands grow feeble; [Anguish](#) has taken hold of him, Pangs as of a woman in childbirth.

Ezekiel 30:4 The sword shall come upon Egypt, And great [anguish](#) shall be in Ethiopia, When the slain fall in Egypt, And they take away her wealth, And her foundations are broken down.

Ezekiel 30:9 On that day messengers shall go forth from Me in ships To make the careless Ethiopians afraid, And great [anguish](#) shall come upon them, As on the day of Egypt; For indeed it is coming!"

John 16:21 "A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the [anguish](#), for joy that a human being has been born into the world.

Romans 2:9 tribulation and [anguish](#), on every soul of man who does evil, of the Jew first and also of the Greek.

2 Corinthians 2:4 For out of much affliction and [anguish](#) of heart I wrote to you, with many tears, not that you should be grieved, but that you might know the love which I have so abundantly for you.

Affliction (with "Lord")

Genesis 16:11 And the Angel of the [LORD](#) said to her: "Behold, you *are* with child, And you shall bear a son. You shall call his name Ishmael, Because the [LORD](#) has heard your [affliction](#).

Genesis 29:32 So Leah conceived and bore a son, and she called his name Reuben; for she said, "The LORD has surely looked on my affliction. Now therefore, my husband will love me."

Exodus 4:31 So the people believed; and when they heard that the LORD had visited the children of Israel and that He had looked on their affliction, then they bowed their heads and worshiped.

Deuteronomy 26:7 "Then we cried out to the LORD God of our fathers, and the LORD heard our voice and looked on our affliction and our labor and our oppression.

1 Samuel 1:11 Then she made a vow and said, "O LORD of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the LORD all the days of his life, and no razor shall come upon his head."

2 Samuel 16:12 "It may be that the LORD will look on my affliction, and that the LORD will repay me with good for his cursing this day."

2 Kings 14:26 For the LORD saw *that* the affliction of Israel *was* very bitter; and whether bond or free, there was no helper for Israel.

2 Chronicles 21:14 behold, the LORD will strike your people with a serious affliction—your children, your wives, and all your possessions.

2 Chronicles 33:12 Now when he was in affliction, he implored the LORD his God, and humbled himself greatly before the God of his fathers.

Psalms 88:9 My eye wastes away because of affliction. LORD, I have called daily upon You; I have stretched out my hands to You.

Isaiah 30:20 And *though* the Lord gives you The bread of adversity and the water of affliction, Yet your teachers will not be moved into a corner anymore, But your eyes shall see your teachers.

Jeremiah 15:11 The LORD said: "Surely it will be well with your remnant; Surely I will cause the enemy to intercede with you In the time of adversity and in the time of affliction."

Jeremiah 16:19 O LORD, my strength and my fortress, My refuge in the day of affliction, The Gentiles shall come to You From the ends of the earth and say, "Surely our fathers have inherited lies, Worthlessness and unprofitable *things*."

Jeremiah 30:12 For thus says the LORD: "Your affliction *is* incurable, Your wound *is* severe."

Lamentations 1:9 Her uncleanness *is* in her skirts; She did not consider her destiny; Therefore her collapse was awesome; She had no comforter. "O LORD, behold my affliction, For *the* enemy is exalted!"

Jonah 2:2 And he said: "I cried out to the LORD because of my affliction, And He answered me. "Out of the belly of Sheol I cried, *And* You heard my voice."

Nahum 1:9 What do you conspire against the LORD? He will make an utter end *of it*. Affliction will not rise up a second time.

1 Thessalonians 1:6 And you became followers of us and of the Lord, having received the word in much affliction, with joy of the Holy Spirit.

Affliction (Job)

Job 5:6 For affliction does not come from the dust, Nor does trouble spring from the ground;

Job 30:16 "And now my soul is poured out because of my *plight*; The days of affliction take hold of me.

Job 30:27 My heart is in turmoil and cannot rest; Days of affliction confront me.

Job 36:8 And if *they are* bound in fetters, Held in the cords of affliction,

Job 36:15 He delivers the poor in their affliction, And opens their ears in oppression.

Job 36:21 Take heed, do not turn to iniquity, For you have chosen this rather than affliction.

Affliction (Psalms)

Psalms 22:24 For He has not despised nor abhorred the affliction of the afflicted; Nor has He hidden His face from Him; But when He cried to Him, He heard.

Psalms 25:18 Look on my affliction and my pain, And forgive all my sins.

Psalms 44:24 Why do You hide Your face, *And* forget our affliction and our oppression?

Psalms 66:11 You brought us into the net; You laid affliction on our backs.

Psalms 88:9 My eye wastes away because of affliction. LORD, I have called daily upon You; I have stretched out my hands to You.

Psalms 106:44 Nevertheless He regarded their affliction, When He heard their cry.

Psalms 107:10 Those who sat in darkness and in the shadow of death, Bound in affliction and irons.

Psalms 107:39 When they are diminished and brought low Through oppression, affliction, and sorrow.

Psalms 107:41 Yet He sets the poor on high, far from affliction, And makes *their* families like a flock.

Psalms 119:50 This *is* my comfort in my affliction, For Your word has given me life.

Psalms 119:92 Unless Your law *had been* my delight, I would then have perished in my affliction.

Psalms 119:153 RESH. Consider my affliction and deliver me, For I do not forget Your law.

Affliction (New Testament)

Mark 5:29 Immediately the fountain of her blood was dried up, and she felt in *her* body that she was healed of the [affliction](#).

Mark 5:34 And He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your [affliction](#)."

2 Corinthians 2:4 For out of much [affliction](#) and anguish of heart I wrote to you, with many tears, not that you should be grieved, but that you might know the love which I have so abundantly for you.

2 Corinthians 4:17 For our light [affliction](#), which is but for a moment, is working for us a far more exceeding *and* eternal weight of glory.

2 Corinthians 8:2 that in a great trial of [affliction](#) the abundance of their joy and their deep poverty abounded in the riches of their liberality.

Philippians 1:16 The former preach Christ from selfish ambition, not sincerely, supposing to add [affliction](#) to my chains.

1 Thessalonians 1:6 And you became followers of us and of the Lord, having received the word in much [affliction](#), with joy of the Holy Spirit.

1 Thessalonians 3:7 Therefore, brethren, in all our [affliction](#) and distress we were comforted concerning you by your faith.

Hebrews 11:25 Choosing rather to suffer [affliction](#) with the people of God than to enjoy the passing pleasures of sin.

My Affliction (Biblical Examples)

Genesis 29:32 So **Leah** conceived and bore a son, and she called his name Reuben; for she said, "The LORD has surely looked on [my affliction](#). Now therefore, my husband will love me."

Genesis 31:42 "Unless the God of my father, the God of Abraham and the Fear of Isaac, had been with me [**Jacob**], surely now you would have sent me away empty-handed. God has seen [my affliction](#) and the labor of my hands, and rebuked *you* last night."

Genesis 41:52 And the name of the second he [**Joseph**] called Ephraim: "For God has caused me to be fruitful in the land of [my affliction](#)."

2 Samuel 16:12 "It may be that the LORD will look on [my affliction](#), and that the LORD will repay me [**David**] with good for his cursing this day."

Psalms 25:18 Look on [my affliction](#) and my [**David**] pain, And forgive all my sins.

Psalms 119:50 This *is* my [**Ezra**] comfort in [my affliction](#), For Your word has given me life.

Psalms 119:92 Unless Your law *had been* my [**Ezra**] delight, I would then have perished in [my affliction](#).

Psalms 119:153 RESH. Consider [my affliction](#) and deliver me [**Ezra**], For I do not forget Your law.

Lamentations 1:9 Her uncleanness *is* in her skirts; She did not consider her destiny; Therefore her collapse was awesome; She had no comforter. "O LORD, behold [my \[Jeremiah\] affliction](#), For *the* enemy is exalted!"

Lamentations 3:19 Remember [my \[Jeremiah\] affliction](#) and roaming, The wormwood and the gall.

Jonah 2:2 And he [**Jonah**] said: "I cried out to the LORD because of [my affliction](#), And He answered me. "Out of the belly of Sheol I cried, *And* You heard my voice.

The Answer- Turn To The Lord

Deuteronomy 4:30 "When you are in distress, and all these things come upon you in the latter days, when you [turn to the LORD](#) your God and obey His voice

Deuteronomy 30:10 "if you obey the voice of the LORD your God, to keep His commandments and His statutes which are written in this Book of the Law, *and* if you [turn to the LORD](#) your God with all your heart and with all your soul.

Psalms 22:27 All the ends of the world Shall remember and [turn to the LORD](#), And all the families of the nations Shall worship before You.

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