

## He Believed Her

What was the most shocking, scandalous thing Jesus did?

Some would say He pursued the woman who'd bled for twelve years. At that time, in her condition, she was considered untouchable. Because being on her period made her unclean, anyone who came into contact with her would also be unclean.

Some would say that He honored her. He told her that it was her faith that healed her. He said that not only did He see her among the crowd, but also that she was worth healing.

But after going through some of my own health struggles and watching those of my friends, here is what stands out as one of the most shocking things that Jesus did for the bleeding woman: He believed her.

And why is Jesus' belief so shocking? Because in 2024, we still don't believe women and their pain.

The *Journal of the American Heart Association* reported that women who visited emergency departments with chest pain waited twenty-nine percent longer than men to be evaluated for possible heart attacks.

Another study presented in the *Journal of Women's Health* showed that middle-aged women with chest pain and other symptoms of heart disease were twice as likely to be diagnosed with a mental illness compared with men who had the same symptoms.

If this is where we stand with believing women and their pain today, think of how radical it was to believe a woman, especially with what we still weirdly call a "woman's issue," in Jesus' day.

I'll never forget going in for a procedure with my gynecologist and having to stop it because it hurt so much. The doctor assured me that it should not be painful and tried to keep going. I finally said that he had to stop. He didn't believe me, and, equally importantly, he didn't seem to care that I was in pain. I avoided going back to the doctor for years because I just couldn't bear that misery again.

Over a year later, I went to a new doctor, practically in tears, and told her why I had gone so long without seeing anyone. I told her about my fear of the pain surrounding this procedure. Then she asked me, "Is there a reason you don't want to be put under anesthesia for this?" I told her that I didn't know anesthesia was an option.

Disgust flash on her face when she realized the other doctor didn't offer that as a solution. "I have a lot of patients who need to be under anesthesia during this procedure because it can be quite painful. Let's get you scheduled."

And now, I was crying for a different reason—this time, not out of fear, but out of relief that someone believed me.

And because she believed my pain, I knew that she saw me as more than a procedure to get off her books. She saw me as a human who shouldn't have to suffer needlessly. She not only believed me, but she also cared for me.

Sometimes, I know that I have not brought some of my pain to God because “It’s probably not that serious,” or “Others can probably handle this. Why can’t I?” I hesitate to approach God because I can forget how much he cares for me and that He is not discounting my pain. Like I did with the gynecologist for too long, we keep our worries and deal with them ourselves.

But Peter assures us that we don't have to deal with our pain and worries by ourselves in 1 Peter 5:7 (NLT). [“Give all your worries and cares to God, for he cares about you.”](#)

It's such a simple verse. Most of the time we're told, “Don't worry. You can trust God,” which, I'm not going to lie, feels very hollow when I'm in pain.

But there is a powerful addition to “trust God” in this verse: “For he cares about you.”

When you go to Him with your struggles and pain, He doesn't think you're exaggerating or being a drama queen, or just too emotional or hormonal. There are people in authority—doctors, parents, church leaders—who are sometimes going to fail. They will not believe you. They will not care for you in the way they should.

This is never, ever God.

He cares about your struggles.

He cares about your pain.

He cares about *you*.

And He believes you.

Want to read more about how Kathi has learned to give her worries to God in the mountains? Click [here](#) to check out Kathi's book, *The Accidental Homesteader*.