

HAPPY ARE THE COMFORTED

Matthew 5:4

July 27, 2008 Sunday am

INTRODUCTION

- A. Today we continue to look at “Eight Keys to Happiness” that Jesus gave us in the beginning of his “Sermon on the Mount” found in Matthew 5-7.
 - 1. These first statements are called “Beatitudes”, a Latin word meaning “blessed”.
 - 2. Our English word “blessed” means “happy”.
 - 3. Thus Jesus is telling us how to be happy.
 - 4. The world says happiness is an outside job dependent on good circumstances.
 - 5. The Bible, however, says that happiness is an inside job related to how we think, not what we have but who we are, not what’s on the outside of us, but what’s on the inside.
 - 6. We looked at the first way to be happy last week in verse 3 “Blessed are the poor in spirit...” This means to humble yourself by recognizing our great need for God.
- B. We continue today by looking at Jesus’ second suggestion on how to be happy found in verse 4 “Blessed are they who mourn for they will be comforted”.
 - 1. We all have mourned something or someone in the past. Perhaps we are mourning or hurting today.
 - 2. Jesus says real happiness is being comforted when we hurt.
 - 3. How can we experience the comfort of God today when we are hurting or in pain?

I. FIRST, ITS COMFORTING TO KNOW THAT GOD IS WITH US WHEN WE HURT.

- A. Often when we are hurting or in pain we think God has forgotten us or is no where around when we need him the most, but the Bible says otherwise.

Psalms 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

- B. Remember three things about God when you are hurting.
 - 1. First, God knows when you hurt.
Luke 12:6-7 ⁶ Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. ⁷ Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.
 - 2. Second, God cares that you are hurting.
Nahum 1:7 The LORD is good, a refuge in times of trouble. He cares for those who trust in him,
 - 3. Third, God wants to help you when you hurt.
Hebrews 4:16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

II. SECOND, ITS COMFORTING WHEN WE KNOW WHAT TO DO WITH OUR HURT.

- A. Some people “repress” their hurt.
 - 1. That is, they push it down or swallow it.
 - 2. When you swallow your hurt, though, your stomach keeps score.
- B. Some people “rehearse” their hurt.
 - 1. They keep going over it in their minds.
 - 2. This is a form of self torture.
 - 3. God says, though, to stop rehearsing our hurt.

Isaiah 43:18 "Forget the former things; do not dwell on the past.

- C. What we need to do with our pain, though, is to “release” it to God.
Romans 12:19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

III. THIRD, ITS COMFORTING WHEN WE RELY ON GOD WHEN WE HURT.

- A. How do some people handle their hurt and pain?
 - 1. Some take pills.
 - 2. Get drunk.
 - 3. Watch TV all day.
 - 4. Read fantasy novels.
 - 5. Sleep all day.
- B. God gives us three resources to rely on when we hurt?
 - 1. His Word.
Psalms 119:25 I am laid low in the dust; preserve my life according to your word.
Psalms 119:52 I remember your ancient laws, O LORD, and I find comfort in them.
 - 2. His people.
2 Corinthians 1:3-4 ³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.
 - a. We should not waste our pain.
 - b. We have an opportunity, even an obligation to comfort others.
 - 3. His Spirit.
Romans 15:13 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

CONCLUSION

- A. Are you hurting or in pain?
- B. The Bible tells us how to be comforted and thus happy.
 - 1. God knows you're hurting, cares that you are hurting, and wants to help you with your pain.
 - 2. Stop repressing or rehearsing your hurt, but instead release it to God.
 - 3. Rely on God's Word, People and Holy Spirit to help you when you hurt.
- C. Remember: "Blessed are those who mourn, for they shall be comforted".