

MAINTAINING HAPPINESS IN YOUR LIFE Part 2 - "How God Blesses Broken Hearts"

Matthew 5:4 "God blesses those who mourn, for they will be comforted." (NIV)

God doesn't expect me to be happy all the time

"There is a time for everything, and a season for every activity under heaven . . . There is a time to weep and a time to laugh, a time to mourn and a time to dance." Eccl. 3:1, 4

Grief is essential to my health

"When I kept things to myself, I felt weak deep inside me. I moaned all day long." Ps. 32:3 (NCV)

"I was silent and held my peace to no avail. My distress only grew worse." Ps. 39:2 (ESV)

HOW DOES GOD BLESS BROKEN HEARTS?

1. God draws us close to himself

"The Lord is close to the brokenhearted, and he saves those whose spirits have been crushed." Ps. 34:18 (NCV)

"I will never leave you and I will never abandon you." Heb. 13:5

2. God grieves with us

"When Jesus saw Lazarus' sister sobbing, and saw how all those with her were crying also, his heart was touched, and he was deeply moved . . . Then Jesus started crying. 'See how much he loved Lazarus!' they said." John 11:33-36

Isaiah 53:3 says this "(Jesus was) a man of sorrows, acquainted with bitterest grief. He knew suffering first hand."

3. God gives us a church family for support

You weren't meant to go through grief on your own!

"In Christ we who are many form one Body, and each member belongs to all the others . . . Be devoted to each other like a loving family . . . Rejoice with those who rejoice and mourn with those who mourn." Rom. 12:5,10,15 (NIV/GW)

"Comfort each other and give each other strength." 1 Thess. 5:11 (ICB)

4. God gives us the hope of heaven

"We don't want you to be ignorant about believers who have died. We don't want you to grieve like the people who have no hope." 1 Thess. 4:13 (GW)

"God will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things will have passed away." Rev. 21:4 (NIV)

5. God uses our pain to help others

"God comforts us in all our troubles so that we can comfort others with the same comfort we received from God." 2 Cor. 1:4

Every day I either need comfort or I need to comfort others.