

#### IV. RELY ON GOD'S RESOURCES

*"He healeth the broken in heart, and bindeth up their wounds."*

Psalm 147:3

A. God's \_\_\_\_\_.

*"I remembered thy judgments of old, O LORD; and have comforted myself."*

Psalm 119:52

Discipline #1: Daily read the Bible

*"For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day."*

II Corinthians 4:16

B. God's \_\_\_\_\_.

*"Wherefore comfort yourselves together, and edify one another, even as also ye do."*

I Thessalonians 5:11

Discipline #2: Be a participator, not a spectator.

*"3 Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;*

*4 Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God."*

II Corinthians 1:3-4

C. God's \_\_\_\_\_.

*"16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; 17 Even the Spirit of truth;"*

John 14:16-17a

Discipline #3: Walk in the Spirit

*"This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh."*

Galatians 5:16

**CONCLUSION:** Are You Happy?

*"...happy is that people, whose God is the LORD."*

Psalm 144:15b

#### COME ON GET HAPPY

**Happy Are The Sad**

Pastor Steve Reynolds

sreynolds@capitalbaptist.org

#### INTRODUCTION

A. Isn't everyone searching for true happiness? We all know life is hard and these are difficult times. People are searching and wanting to know how they can find real happiness in a fake world. Does this sound like you? Are you unfulfilled and unhappy?

*"Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you."*

John 16:22

B. Join me in this nine week series as we learn how to find real happiness in a fake world.

Oct 3 Happiness Is...

Oct 10 Happy Are The Nobodies - Conquering Your Pride

TODAY Happy Are The Sad - Healing Your Broken Heart

Oct 24 Happy Are The Meek - Controlling Your Reactions

Oct 31 Happy Are The Hungry - Satisfying Your Emptiness

Nov 7 Happy Are The Merciful - Giving Your Heart

Nov 14 Happy Are The Holy - Maintaining Your Purity

Nov 21 Happy Are The Peacemakers - Resolving Your Conflict

Nov 28 Happy Are The Harassed - Handling Your Persecution

C. **TEXT:** Matthew 5:4 (Pew Bible Page 4/New Testament)

• The fake way to happiness is having the right \_\_\_\_\_.

It is based on "when and then thinking".

• The real way to happiness is having the right \_\_\_\_\_.

*"If ye know these things, happy are ye if ye do them."*

John 13:17

## HOW TO HEAL YOUR BROKEN HEART

### I. RECEIVE JESUS CHRIST AS YOUR SAVIOR AND LORD

*"1 Blessed is he whose transgression is forgiven, whose sin is covered.*

*4 For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.*

*5 I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah."* Psalm 32:1, 4-5

A. \_\_\_\_\_ from your sin.

*"For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death."*

II Corinthians 7:10

*"8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.*

*9 Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness.*

*10 Humble yourselves in the sight of the Lord, and he shall lift you up."* James 4:8-10

*"Were they ashamed when they had committed abomination? nay, they were not at all ashamed, neither could they blush: therefore they shall fall among them that fall: at the time that I visit them they shall be cast down, saith the LORD. "*

Jeremiah 6:15

B. \_\_\_\_\_ Jesus Christ for your salvation.

*"... he hath sent me to heal the brokenhearted,..."* Luke 4:18b

*"He is despised and rejected of men; a man of sorrows, and acquainted with grief:..."* Isaiah 53:3a

*"But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:"* John 1:12

### II. REALIZE GOD IS WITH YOU

*"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."* Psalm 34:18

A. God is \_\_\_\_\_.

*"But he knoweth the way that I take: when he hath tried me, I shall come forth as gold."* Job 23:10

B. God wants to \_\_\_\_\_ you.

*"Casting all your care upon him; for he careth for you."*

I Peter 5:7

### III. RELEASE YOUR HURT

*"Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved."* Psalm 55:22

A. How? By letting \_\_\_\_\_ and giving it to \_\_\_\_\_.

*"Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord."* Romans 12:19

B. Don't...

1. \_\_\_\_\_ it.

*"18 Remember ye not the former things, neither consider the things of old.*

*19 Behold, I will do a new thing..."* Isaiah 43:18-19a

2. \_\_\_\_\_ it.

*"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;"* Hebrews 12:15