

HOW GOD BLESSES BROKEN HEARTS

Matthew 5:4

The Keys to a Blessed Life – Part 2

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Matthew 5:4 “*God blesses those who mourn, for they will be comforted.*”

I. A COUPLE OF INSIGHTS---

- God doesn't expect me to be _____ all the time.

Ecclesiastes 3:1, 4 “*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.*”

- _____ is essential to my health

If I don't _____ out I'll _____ out.

Psalm 32:3 (NCV) “*When I kept things to myself, I felt weak deep inside me. I moaned all day long.*”

Psalm 39:2 (ESV) “*I was silent and held my peace to no avail. My distress only grew worse.*”

II. HOW DOES GOD BLESS BROKEN HEARTS?

1. God draws us close to himself.

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

Hebrews 13:5 “*I will never leave you and I will never abandon you.*”

2 Corinthians 6:10a (LB) “*Our hearts ache, but at the same time we have the joy of the Lord.*”

2. God grieves with us.

John 11:33-36 “*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.*”

Isaiah 61:2-3 (TEV) (Jesus) “*He has sent me to comfort all who mourn, to give to those who mourn in Zion joy and gladness instead of grief, and a song of praise instead of sorrow.*”

3. God gives us a church family for support.

Romans 12:5,10,15 (NIV/GW) “*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.*”

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

1 Thessalonians 5:11 (ICB) “*Comfort each other and give each other strength.*”

Two suggestions for comforting people when they go through any kind of loss.

1. Never _____ another's pain.
2. Never _____ people

4. **God uses grief to help us grow.**

He does it in **three ways**.

1. God uses _____ to get our _____.

Proverbs 20:30 (TEV) *“Sometimes it takes a painful experience to make us change our ways.”*

2. He brings _____ out of _____.

Romans 8:28 (NIV) *“We know that in all things God works for the good of those who love him . . .”*

3. He _____ us for _____.

2 Corinthians 4:17-18 (CEV) *“These troubles are getting us ready for an eternal glory that will make all our troubles seem like nothing. Things that are seen don’t last forever, but things that are not seen are eternal. That’s why we keep focused on the things that can’t be seen.”*

5. **God gives us the hope of heaven.**

1 Thessalonians 4:13 (GW) *“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.”*

There are **two kinds** of grief.

1. You can grieve _____ hope

2. You can grieve _____ hope

Revelation 21:4 (NIV) *“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.”*

6. **God uses our pain to help others.**

2 Corinthians 1:4 *“God comforts us in all our troubles so that we can comfort others with the same comfort we received from God.”*

Every day I either _____ comfort or _____ comfort others.

My greatest _____ will come out of my deepest _____.

What decision do you need to make this morning, to place yourself where God can bless

You? **That decision may be the door that opens the blessings of God to your Broken Heart.**

- **Salvation**----#1 God draws us close to himself. #2-- I’m going to feel it with you, #5. God gives us the hope of heaven.
- **Membership**----. #3. God gives us a church family for support.
- **Commitment**---# 4. God uses grief to help us grow.
- **Ministry**-----#6. God uses our pain to help others.