

50 Days to a Blessed Life

Experiencing the Comfort of God

I. Introduction

- A. The Bible never tries to explain suffering.
 - 1. Matthew 5:4 (NAS) *“Blessed are those who mourn, for they shall be comforted.”*

II. How to Experience God’s Comfort

- A. Remember that God is with me.
 - 1. Psalm 34:18a (NAS) *The LORD is near to the brokenhearted.*
 - 2. When you’re in pain, always remember:
 - a. God is aware.
 - i. Proverbs 15:3 (NAS) *The eyes of the LORD are in every place, watching the evil and the good.*
 - b. God cares.
 - i. I Peter 5:7 (NAS) *Casting all your anxiety upon Him, because He cares for you.*
 - c. God wants to help you.
 - i. Hebrews 4:15-16 (NAS) *¹⁵For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. ¹⁶Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need.*
- B. Release the hurt.
 - 1. Stop focusing on what’s lost and start focusing on what’s left!
 - a. Romans 12:17a (NAS) *Never pay back evil for evil to anyone.*
 - 2. Ways people deal with their hurt:
 - a. Repress it
 - b. Rehearse it
 - i. There’s a big difference between mourning and moaning!
 - c. Resent it
 - d. Release it
 - i. Romans 12:19 (NAS) *Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, “VENGEANCE IS MINE, I WILL REPAY,” says the Lord.*
 - 3. II Corinthians 10:3-5 (NAS) *³For though we walk in the flesh, we do not war according to the flesh, ⁴for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. ⁵We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.*
 - 4. You have to make the choice to forgive this person.
 - 5. Matthew 6:12 (NLT) *“And forgive us our sins, as we have forgiven those who sin against us.”*
- C. Rely on God’s resources for comfort.
 - 1. God’s Word
 - a. Psalm 119:25, 52 (NAS) *²⁵My soul cleaves to the dust; revive me according to Your word. ⁵²I have remembered Your ordinances from of old, O LORD, and comfort myself.*
 - b. Hebrews 4:12 (NAS) *For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.*
 - 2. God’s people
 - a. II Corinthians 1:3-4 (NAS) *³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; ⁴who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.*
 - b. God never wastes a hurt!
 - 3. God’s Holy Spirit
 - a. Romans 15:13 (NAS) *Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.*

III. Three Commitments That Will Help You Experience God’s Comfort

- A. Completely surrender your life to Jesus Christ.

1. John 1:12 (NAS) *But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name.*
- B. Find a church family.
 1. Find a small group to be a part of.
- C. Begin to give your life away to other people!
 1. Use your pain to help others!
 2. Psalm 31:7 (NLT) *I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.*

IV. Conclusion