

Sermon Notes

Text: Matthew 5:4 (TEV, NKJV); Philippians 2:13 (NLT)
Date: 03/14/10

Introduction:

- A. Mental Health and Self Help authors have written much about the matter of self talk.
- B. **Proverbs 23:7**
⁷For as he thinks within himself, so he is.

Body:

I. The truth is that our lives are filled with sin and sorrow.

- A. As the Scriptures say: "There is no one without sin. None! **Romans 3:10**
- B. But the guilt and shame of sin is not the only pain we experience in this life.

II. Grief is the only path to comfort. **Matthew 5:4**

- A. It is only when we face our true selves and mourn over our spiritual poverty that we have the opportunity to be comforted.
John 16:7
- B. Louie Giglio says that pain is a megaphone.
Romans 8:31-39

III. It is time for us to tell ourselves the truth about God.

- A. God exists.
- B. Secondly you matter to Him.
John 17:24
2 Peter 3:9
- C. God has the power to change you and your situation.
- D. God has a higher agenda than your momentary pleasure.
 - 1. Meanwhile our comfort is in the cross of Christ.
Matthew 5:4

Conclusion:

- A. Are you in mourning today?
- B. Come to the cross of Christ and let our loving heavenly Father comfort you with His love.

Life's Applications:

- Write down the things that cause you the most pain in your life and take them to the Father in prayer and let His Spirit comfort you. Take comfort in the knowledge that these things cannot defeat you.
- Write out how you will face this pain in the coming week and take comfort in the promises of God. Pray and ask God's help and then share your plan with a trusted friend.