

The Key to a Blessed Life

SESSION 2 - HOW GOD BLESSES BROKEN HEARTS

God blesses those who mourn, for they will be comforted.

Matthew 5:4 (NLT)

GOD DOESN'T EXPECT ME TO BE HAPPY ALL THE TIME.

There is a time for everything, and a season for every activity under the heavens...
a time to weep and a time to laugh, a time to mourn and a time to dance.

Ecclesiastes 3:1,4 (NIV)

GRIEF IS ESSENTIAL TO YOUR HEALTH.

Repression is when I **unconsciously** try to
block a painful thought from my mind.

Suppression is when I **consciously** try to
block a painful thought from my mind.

If I don't let it out, I'll act it out.

When I kept things to myself, I felt weak deep inside me. I moaned all day long.

Psalms 32:3 (NCV)

I was mute and silent: I held my peace to no avail, and my distress grew worse.

Psalms 39:2 (ESV)

HOW DOES GOD BLESS BROKEN HEARTS?

HE DRAWS US IN CLOSE TO HIMSELF.

The Lord is close to the brokenhearted, and he saves those whose spirits have been crushed.

Psalms 34:18 (NCV)

I will never leave you; I will never abandon you.

Hebrews 13:5 (NCV)

Our hearts ache, but at the same time we have the joy of the Lord.

2 Corinthians 6:10 (TLB)

2 GOD GRIEVES WITH US.

[Jesus was] a man of sorrows, acquainted with bitterest grief.

Isaiah 53:3 (TLB)

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

He has sent me to comfort all who mourn, to give to those who mourn in Zion joy and gladness instead of grief, 'a song of praise instead of sorrow.

Isaiah 61:2-3 (GNT)

3 GOD GIVES US A CHURCH FAMILY FOR SUPPORT.

In Christ we, though 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; mourn with those who mourn.

Romans 12:5,10,15 (NIV/GW/NIV)

Comfort each other and give each other strength.

1 Thessalonians 5:11 (ICB)

**Never minimize another's pain.
Never rush people.**

4 GOD USES GRIEF TO HELP US GROW.

God uses pain to get your attention.

***God whispers to us in our pleasure,
but he shouts: to us in our pain.***

C.S. Lewis

Sometimes it takes a painful experience to make us change our ways.

Proverbs 20:30 (GNT)

God uses pain to bring good out of bad.

We know that in all things God works for the good of those who love him.

Romans 8:28 (NIV)

God uses pain to prepare you for eternity.

These little 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 our minds on the things that cannot be seen.

2 Corinthians 4:17-18 (CEV)

5 GOD GIVES US THE HOPE OF HEAVEN.

We don't want you to be ignorant about those who have died. We don't want you to grieve like other people who have no hope.

1 Thessalonians 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 has passed away.

Revelation 21:4. (NIV)

6 GOD USES OUR PAIN TO HELP OTHERS.

[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:4 (NIV)

Your greatest ministry will come out of your deepest hurt.

Every day, you either need comfort or you need to comfort others.