

Blessed: Attitude #2 - Let Your Grief Move You Closer To God!

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Blessed: 8 Attitudes With Promise! Pt. 2

Matthew 5:4, *Blessed are those who mourn, for they will be comforted.*

Ecclesiastes 3:1, *There is a time for everything,
and a season for every activity under the heavens:
2 a time to be born and a time to die,
a time to plant and a time to uproot,
3 a time to kill and a time to heal,
a time to tear down and a time to build,
4 a time to weep and a time to laugh,
a time to mourn and a time to dance,
5 a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
6 a time to search and a time to give up,
a time to keep and a time to throw away,
7 a time to tear and a time to mend,
a time to be silent and a time to speak,
8 a time to love and a time to hate,
a time for war and a time for peace.*

Ecclesiastes 3:4, *a time to weep and a time to laugh, a time to mourn and a time to dance.*

Two Myths About Grief:

1 - Christians Are Supposed To BE HAPPY All The Time!

Psalm 39:2, *So I remained utterly silent, not even saying anything good. But my anguish increased...*

2 - Grief Is NOT HEALTHY!

Psalm 32:3, *When I kept silent, my bones wasted away through my groaning all day long.*

How To Heal From A Broken Heart:

1 - See Your Grief As An Opportunity For GROWTH

Ecclesiastes 7:2, *It is better to go to a house of mourning than to go to a house of feasting, for death is the destiny of everyone; the living should take this to heart... 4 The heart of the wise is in the house of mourning, but the heart of fools is in the house of pleasure... 6 Like the crackling of thorns under the pot, so is the laughter of fools. This too is meaningless.*

Three Ways To Let Your Grief Grow You:

-Look For The Good In The Midst Of The BAD

Romans 8:28, *And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.*

Proverbs 20:30, *Blows and wounds scrub away evil, and beatings purge the inmost being.*

-Look Beyond Your PRESENT PAIN

2 Corinthians 4:17, *For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

Revelation 21:4, *'He 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.'*

-Use Your Grief As An Opportunity To SHARE YOUR FAITH

1 Thessalonians 4:13, *Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. 14 For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in Him.... 18 Therefore encourage one another with these words.*

2 - Let Others Help You Through YOUR PAIN

1 Thessalonians 5:11, *Therefore encourage one another and build each other up, just as in fact you are doing.*

-Jesus Gave Us The CHURCH As The Primary Place For People To Get Help When They Are In PAIN

Romans 12:4, *For just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we, though many, form one body, and each member belongs to all the others... 10 Be devoted to one another in love. Honor one another above yourselves. 11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. 12 Be joyful in hope, patient in affliction, faithful in prayer. 13 Share with the Lord's people who are in need... 15 Rejoice with those who rejoice; mourn with those who mourn. 16 Live in harmony with one another...*

3 - Remember When You Grieve God MOVES

Psalms 147:3, *He heals the brokenhearted and binds up their wounds.*

Isaiah 41:10, *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.*

-God Grieves WITH US

John 11:33, *When Jesus saw her weeping, and the Jews who had come along with her also weeping, He was deeply moved in spirit and troubled. 34 "Where have you laid him?" He asked. "Come and see, Lord," they replied. 35 Jesus wept. 36 Then the Jews said, "See how He loved him!"*

-God Moves CLOSER TO US

Psalm 34:18, *The Lord is close to the brokenhearted and saves those who are crushed in spirit.*

-God Never LEAVES US

Hebrews 13:5, *...God has said, "Never will I leave you; never will I forsake you."*

4 - Use Your Pain to HELP OTHERS

2 Corinthians 1:3, *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, **so that we can comfort those in any trouble** with the comfort we ourselves receive from God.*

Putting This Message Into Practice:

If you are walking through grief:

- See Your grief as an opportunity for growth
- Let Others help you through your pain
- Remember God is there with you
- And then be there to help others in their pain!

(Read Isaiah 61:1-4 & Psalm 23)

Join others in hearing Daily Devotions about loving God with all your heart from the Pastor at:

-www.johnmarkcaton.com

-Instagram: @PastorJohnMark

Facebook: /johnmark.caton

-If you want to learn more about Home and Life Groups, or have a question about Cottonwood Creek, stop by the Connect Wall in the Atrium.