



JESUS' 8 STEPS TO HAPPINESS

Step Two: *'Happy are those who mourn'*
Matthew 5:4

OUR PATH TO COMFORT: IS TO ESCAPE MOURNING

STEP TWO: HAPPY ARE THOSE WHO MOURN

'Blessed are those who mourn, for they will be comforted.' Matthew 5:4 (NIV)

GOD'S PATH TO COMFORT:

1. KNOW THE TRUTH ABOUT GOD - HE IS JUST BUT MERCIFUL

'Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me'. Psalm 23:4 (NIV)

'But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness'. Psalm 86:15 (NIV)

'What, then shall we say in response to these things? If God is for us, who can be against us?' Romans 8:31 (NIV) 'For I am convinced that neither death nor Life,... will be able to separate us from the love of God that is in Christ Jesus our Lord.'

Romans 8:38-39 (NIV)

2. KNOW THE TRUTH ABOUT YOU - I AM BROKEN BUT LOVED

'For all have sinned and fall short of the glory of God'. Romans 3:23 (NIV)

"There is nothing concealed that will not be disclosed, or hidden that will not be made known'. Luke 12:2 (NIV)

'I have loved you with an everlasting love'. Jeremiah 31:3 (NIV)

"May your unfailing love be my comfort..." Psalm 119:76a (NIV)

"and all are justified freely by his grace..." Romans 3:24 (NIV)

3. KNOW THE TRUTH - GOD'S POWER CAN CHANGE YOU

"Do you not know? Have you not heard?... The LORD gives strength to the weary and increases the power of the weak... those who hope in the LORD will renew their strength..." Isaiah 40:28-31 (NIV)

'For it is God who works in you to will and to act in order to fulfil his good purpose.'
Philippians 2:13 (NIV)

A PRAYER FOR HELP:

Dear God, please help me not to ignore the pain. You are using to alter me to my need for help. I am sorry that in the past I have refused Your help. I ask for Your help in facing the truth and trusting You to care for me. You know and care about all the pain and hurt I have in my life. Today I need Your help. I can't do it on my own, I have tried, and I keep coming up empty.

First, I pray for Your power in my life. I need your power to break the hurts, habits and hang-ups in my life. I need Your power to help me do the things that I know are right but can't seem to do on my own. I need Your power to break free from the past. I ask Your power to get on with the plans You have for my life.

Secondly, I pray for love. I want real love. I want to be able to love people and have them love me. I pray that with Your love I can let go of past hurt and failures so I can tear down the walls of fake comfort. God, I ask You to help me have genuine intimacy with You and others. God, please grant me Your power, love and self-control.

AMEN



Wollondilly Anglican Church