Dealing with Sorrow
Code: DN462

"Blessed are those who mourn, for they shall be comforted"(Matt. 5:4).
Most people in our society have an amusement-park mentality. They spend much of their time and money on entertainment, wanting to enjoy life and avoid problems whenever possible. To them, Matthew 5:4 is a paradox. How can someone who mourns be happy? The answer lies in the difference between godly sorrow and human sorrow. Godly sorrow is sorrow over sin; human sorrow is sorrow over some tragic or disappointing turn of events (2 Cor. 7:8-11).
In Matthew 5:4 Jesus is referring to godly sorrow, which is our topic for tomorrow. But we all face human sorrow, so I want to discuss it briefly today.
Human sorrow is a natural emotion. Our Lord Himself was "a man of sorrows, and acquainted with grief" (Isa. 53:3). Many things can cause it: we might mourn out of love, disappointment, loneliness, or physical illness. There is nothing wrong with that kind of mourning. It is a God- given relief valve for the pain and sorrow in this fallen world, and promotes the healing process.
Scripture gives many examples of human sorrow. Abraham wept when his wife, Sarah, died (Gen. 23:2). Through tears Jeremiah preached God's message of judgment (Jer. 9:1). Paul expressed his concern for the church with his tears (Acts 20:31). Those are natural, healthy expressions of human sorrow.
However, sorrow can also be caused by evil desires or a lack of trust in God. King Ahab mourned to the point of sulking and not eating when he couldn't have another man's property (1 Kings 21:4). Some Christians mourn excessively when they lose a loved one. Forsaking the comfort of the Spirit, they focus only on their own grief. Extreme or prolonged manifestations of sorrow are sinful and must be confessed rather than comforted.
God is gracious to His children amid times of human sorrow. Ultimately He will do away with mourning and pain forever (Rev. 21:4). Rejoice in that promise and be comforted by His wonderful grace!
Suggestions for Prayer:
Thank God for the ministry of the Spirit, who is the great Comforter or Helper (John 14:16-17). When sorrow occurs, lean on the Spirit, feed your soul on God's Word, and commune with Him in prayer.
For Further Study:
Read Psalm 55. How did David express his desire to escape his difficult situation? What was his final resolve?

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