

THE COMFORT THAT BRINGS REAL HAPPINESS / "PURSUIT OF HAPPINESS" 3

The Guy. Shaun White is the guy. The "Flying Tomato" as he is often known is a living legend who has won 13 Winter X Games gold medals in addition to two Winter Olympic golds. On a snowboard, he does impossible things, and he makes it look not only easy but fun. He rides fearlessly - in control - but totally uninhibited. But, at the 2014 Winter Games in Sochi he failed to medal for the first time in a major competition. Over the next 4 years, some success was met with some horrible failure & almost tragedy.

(wreck on New Zealand attempting corkscrew 1440). Walking thru an airport one day he picks up a book entitled "Be Happy"! Easy enough he thought as he read - but this is impossible. His own words - "I think I have been happy before - maybe. And, I know a lot of people would say - how are you not happy. You have it all, the 5 Fs I call them - fame, friends, family, funds, and fun. But happiness is ... obviously not just in those things. Happiness is not in life being great or in life sucking. I don't know - I don't know."

Another person who was "The Guy"- lived here in StL and I knew Him. Darrin P. was a someone I respected, a friend, a pastor, & more. A little over 1½ -years ago, he was fired from the Journey after 12 yrs as the founding pastor. Since then a restoration process has taken place that was difficult but completed & completed well according to all. **"It has been awful, a nightmare."** *"I lost so much- the church we started, so many relationships, so many friends, my name - but strange as it sounds, I am happy."*

Jesus says - you can be happy in the midst of deep sadness. Both of these "guys" had it all, both have known deep sadness - one is searching - and the other declares - **in the middle of the mess** - "as strange as it sounds - I am happy." How?

How do we find deep happiness - in deep sadness? That's the one question we will ask today as we look at

Jesus words: MATTHEW 5:4 (ESV) "Blessed are those who mourn, for they shall be comforted."

How do we find deep happiness in deep sadness?

01. Comfort is ...?

First it is something we all want. Here Jesus says, comfort is a gift from God. In another passage, He says - the comfort he promises - is God. (John 14:16 - Jesus says to the disciples, **I will ask the Father, and he will give you another helper, counselor, comforter [paracletos].** This is the same root word used here in verse 4. To come alongside to bring his presence to bear on our behalf. **Comfort is the presence of God - bringing** peace and healing

We all want comfort. And, this desire for comfort is a right and good thing for this is who our God is in his character. There is a 2nd smaller question we must ask if we are going to see how we find deep happiness in deep sadness.

02. How does mourning lead to Comfort - God's very presence?

MATTHEW 5:4 (ESV) "Blessed are those who mourn, for they shall be comforted."

MATTHEW 5:3 (ESV) "Blessed are the poor in spirit"

Jesus begins this journey of happiness for us by saying - happiness is tied to our soul's condition.

- 1) **Happiness, according to Jesus, is a matter of the soul.** Everything he teaches us about happiness is tied to our soul's condition. **Blessed = happy** (internal happiness - comes from outside us - and is independent of circumstances, feelings, or things being pleasant)
- 2) **The cornerstone of our happiness is embracing our bankrupt - dead soul that needs a savior.** When we embrace this - Jesus can become our Rescuer, Savior, Lord - his rightful place and the only one who can bring happiness to us - deep in our soul. Upon our rescue - we become new creations - but we will still have this broken soul in us. We are accepted and loved by Jesus' work alone before God - but our soul is still being transformed into his image. We need his restoring work every day - because we are still broken.
- 3) **The 2nd foundation stone of our happiness is mourning our sin.** **MATTHEW 5:4 (ESV) "Blessed are those who mourn,** - is not a reference to knowing happiness thru a deep loss or wound. For sure - God does comfort us in our grief. **(Ps 34:18 - The Lord is near to the broken hearted.)** However, the grief we know through the daily hurts and brokenness of this world is not what Jesus is speaking of here in this verse. He is talking about mourning the brokenness of our soul - our sin. Literally, Jesus is saying.

When we mourn our sin - God's presence comforts our soul and we know happiness. 9:30

What does is mean to mourn our sin - so we know the comfort of God (happiness)?

Thoughts on mourning:

- 1) **As a culture we avoid pain and mourning.**

They don't make greeting cards that say - "Happy Death Day" "Thinking of the day you will die - and I'm sad." Or, "You moved three years ago and broke my heart - miss you friend."

Seriously, Americans are in more pain than any other population around the world. At least, that's the conclusion that can be drawn from one startling number from recent years: Approximately 80 percent of the global opioid supply is

consumed in the United States. Pain drugs are the second-largest pharmaceutical class globally, after cancer medicines. And according to Irina Koffler, senior analyst, Pharmaceutical Specialist from Mizuho Securities – the US consumes 80% of the legal opioids made every year. Many think we consume as much or more of illegal opioids.

- 2) **As Christians, we often struggle with the purpose of mourning – especially mourning our sin.** (It seems a waste of time. Say sorry and move on. Lamentations – mourning, is a forgotten book.)
“I said I’m sorry.” This was a common refrain from our early days of marriage. But not showing up for your 1st Annivers. candle light dinner because the basketball tourney went long and then saying – “I’m sorry” somehow doesn’t make it right does it. There is something else that is needed even in this simple instance if real happiness is to be known amidst my sin.

What mourning is not:

1] Just saying I’m sorry or / 2] Putting on a sour or sad face / 3] Just tears – even in they are sincere
Small children do this right. They learn that tears are powerful – but do they always mean true mourning. No.

MATTHEW 5:4 (ESV) “Blessed are those who mourn, for they shall be comforted.

mourn – active ongoing action, not a one time deal. Idea ...

mourn = ongoing – a life of repentance repentance - (lit.) 180 degree turn, to turn from and turn to

Why do we do these other faux mourning things instead of true mourning or repentance – because we don’t believe being outed for our sin is good and can lead to any real happiness. So we hide behind sorry, sad face, tears.

“When our Lord and Master Jesus Christ said, ‘Repent,’ he willed the entire life of believers to be one of repentance.” Martin Luther Why – leads to comfort of God’s presence! HOW?

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repentance involves:

1) Confession

- What have I done or Who am I in my brokenness? – Confession is agreeing with God that my thinking, actions, or attitudes are against his holy way and that my sin hurts others, myself, and God.

- We often think our sin is just overtly bad actions – like lying or stealing. However, sin is any thinking, action, or attitude that is against God’s holiness. So dwelling on lust – Jesus said can be a sin. Or, an attitude of thanklessness or racism, or I’m better than you can be sin. These are against God’s holy ways.

One of my sinful actions and attitudes that God has revealed lately is ingratitude – unthankfulness. Rom 1:21 says this is a great sin that leads to many others. He has shown me this recently in how I view this wonderful yet broken place we call the Summit. I am amazed at what God has done here in almost 20 years. But he has shown me my view has at times been full of sin. My sin is not –wow – look what I have done. My sin has been – why haven’t you done more God. Why haven’t we seen more come to Christ, more churches planted, more – Nothing wrong with evaluating and planning so more kingdom work can be done. But I have often wanted more, more, more – because more would validate my work, give more status, provide more opps. It is a sin to be ungrateful – no matter why. This was not noble. The confession is: I was ungrateful, I am an ungrateful man.

- We often think our sin affects no one.

I know I probably shouldn’t read this – but it makes me feel alive and it doesn’t hurt anyone. – Lady to me about 50 Shades of Grey. Our sin always hurts others and me. In this case. 50 Shades of Gray makes men and women look at humans as objects for our pleasure, distorts and perverts my view of God’s ways of intimacy and love and marriage.

My sin of ingratitude – affected my joy around staff, elders, my family. Disappoints me with this place and maybe you and how you have served here. I am truly sorry and ask your forgiveness for this.

Ultimately – our, my sin affects God (Eph 4:30 – Do not grieve the Holy Spirit of God.) Our sin grieves his heart. Why?

- What am I declaring about God? – How is my sin defaming God?

Most repentance begins and ends with I am caught – I’m sorry. Some moves to this is what I did wrong. And, some moves to I hurt others – but repentance – real turning from our sin comes as we begin to see the fullness of how we have wronged and grieved God. We must answer and confess the answer to the question – In my sin, what have I declared about God? How is my sin defaming the name of God?

What was I saying about God with my ingratitude? ... You didn’t do enough – You aren’t enough.

I want more – more will make me more. My ID in you is not enough – You aren't enough. In this – we defame his name from big G–od, to little g–od & one of many little g-ods. Who is small, weak – not enough.

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When we truly mourn – repent of our sin – we are moved in our soul to see how our sin hurts, others, and God and we turn from our Sin and God turns our eyes to the beauty and power of Jesus and the comfort of his presence.

2) True mourning – turns our eyes and our heart to our Comfort – Jesus. (Turning from – Turning to)

There is no repentance if we don't turn to Jesus and run to him and find Comfort.

Repentance is mourning that leads to true peace and healing (comfort). This is our happiness in Christ.

"Blessed are those who mourn – for they shall be comforted." – Jesus

That's why repentance is not a sour face, or just tears, our just saying I'm sorry.

It must move us to mourn the affects of our sin – but it MUST move us to see Jesus as our peace and healing and run to him.

What is the ultimate reason that in our repentance – we turn to Jesus? We have to, right thing to do, or is it something more powerful? Yes it is. It is the power of the cross – the gospel – that moves us to run to Jesus.

We don't run to Jesus – because we earned comfort through our work (mourning).

If I mourn right, with great and sincere passion – agreeing with God I have hurt others and Him – declaring what I have said about God – then God will give me comfort. No! We run ...

We run to Jesus to experience the comfort He has earned us through His work.

What does running to Jesus literally mean?

1) Confession is agreeing and saying what we have done or who I am – hurt others, myself, God.

2) Turning to Jesus means ...

- Believing my acceptance before God is in Jesus work – not in anything I can or need to do.

(We are asking Jesus to help us believe and experience His acceptance.) In my situation – Jesus my ingratitude makes me want to prove to you I am grateful so you can know I am. Help me see you accept me not based on my ability to show you how grateful I am. It is based on the great exchange that comes from my faith in Jesus and his work on the cross. On the cross he took all my sin and gave me all his holy character or righteousness. As I believe He took all my ingratitude on himself – I also must believe he gave me all his perfect gratitude. So you accept me now because in me is Christ's perfect gratitude.

- Asking Jesus to consume the ungrateful thoughts of my broken nature with true gratitude.

(We are asking Jesus to consume our sin with His nature.) HOW?

Think on what God has done, rehearse it, ask to rejoice in it, celebrate it. Tell others – ask others.

Doesn't mean I can't want more of God's kingdom here on earth – but wanting this from a grateful heart moves me and others on in happiness and joy – not fear or disappointment or for our status or worth.

When we mourn our sin – God's presence comforts our soul and we know happiness.

Sean White – searching for happiness – that he says maybe he will find in these Olympics. "I think these Olympics will be different. Representing my country is different for me now. Politics aside. I want to show we are good people."

Darrin Patrick – "I'm happy because Jesus has become the greatest thing – my Savior, My all – in the midst of my sin."

One guy is looking for happiness in what he can do.

The other guy is finding happiness in what Jesus has done.

Where do you look for happiness? Is it possible that in your deepest sadness – you can find happiness? Yes – if that sadness is the mourning of your sinfulness and allowing Jesus to be your comfort.

How does he comfort and not punish or judge?

All of your sin – should be judged, should be punished – because God is that holy. Believe otherwise – believing a lie.

All of your sin – was judged, was punished – as God put it on the only One – the GUY – who could take your judgment and punishment because he was sinless. Full justice was had for your sin in Jesus punishment on the cross.

By resting our soul in the person and work of Jesus – we are no longer judged or punished – but accepted. **Now we run to Jesus – not to find acceptance – but because we are.**

We don't run to Jesus – because we earned comfort through our work (mourning).
We run to Jesus to experience the comfort He has earned us through His work.

BLESSING:

II THESSALONIANS 2:16-17 (ESV) 16 Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, 17 comfort your hearts and establish them in every good work and word.