

Don't Worry-Be Happy!

Part 2—How to Heal a Broken Heart

Matthew 5:4

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

How to Experience God's Comfort

1. _____ That God Is with Me.

Psalms 34:18—¹⁸The Lord is close to the brokenhearted and saves those who are crushed in spirit. (NIV)

- Things I need to remember . . .
 - God is _____

Job 13:27b—²⁷. . . You [God] keep a close watch on all my paths. (NIV)

- God _____

Nahum 1:7a—⁷The Lord is good, a refuge in times of trouble. He cares for those who trust in Him . . . (NIV)

- God wants to _____ you

Hebrews 4:16—¹⁶Let us approach [God] with confidence, so we may receive mercy and find grace to help us in our time of need. (NIV)

2. _____ the Hurt.

- How?

- I must stop focusing on what's _____ and start focusing on what's _____

Isaiah 43:18b-19a—¹⁸. . . Do not dwell on the past. ¹⁹See, I am doing a new thing! [says the Lord] (NIV)

- What you can do with your hurt:
 - _____ it
 - _____ it
 - _____ it
 - _____ it

Romans 12:19—¹⁹Dear friends, never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it. (TLB)

3. _____ on God's Resources.

- Three "comforters"
 - God's _____

Psalms 119:25 & 52b—²⁵I am completely discouraged . . . Revive me by your Word. . . ⁵². . . Your Word has been my comfort. (TLB)

- God's _____

2 Corinthians 1:3b-4—³. . . The God of all comfort ⁴comforts us in all our troubles, so that we can comfort others with the comfort we ourselves have received from God. (NIV)

- God's _____

John 14:26—²⁶But when the Father sends the Comforter instead of me—and by the Comforter I mean the Holy Spirit—

he will teach you much, as well as remind you of everything I myself have told you. (TLB)

Romans 15:13—¹³May the God of hope fill you with all joy . . . that by the power of the Holy Spirit, your whole life and outlook may be radiant with hope. (Phillips)

Revelation 21:4—⁴He 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. (NIV)

Action Steps . . .

- Invite Jesus into your life
- Find a church family
- Give your life away