

When Heartache Meets The Healer
Matthew 5:4

Our world is in a never-ending pursuit of happiness. We wonder if happiness is still within our reach. Can there be a full, happy life in a world filled with pressure and problems? How can we be truly happy? We know an answer that the world doesn't talk about very much, and it's Jesus!

Jesus knew we would struggle to find real happiness. Matthew 5 begins the best-known sermon in the world called The Sermon on the Mount. Matthew 5:1 says, "*Jesus saw the crowds.*" Matthew 5:1-2

He knew we'd struggle to find happiness, so He begins his sermon with 8 promises that produce happiness called The Beatitudes. A "beatitude" is an old-fashioned word that means a "supreme blessing," so if you live by The Beatitudes, you will be supremely blessed. Who doesn't want to be supremely blessed?

Interestingly, Jesus equates happiness with blessedness, fulfillment, and true joy. In Matthew 5:1-12 Jesus tells us the most unlikely people are candidates for this blessed happiness.

Jesus gives us an unlikely list of people who are candidates to be blessed and live the blessed life. Jesus says happiness is for the poor, for the broken, for the merciful, and those who are mourning.

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

Jesus says the sad are happy and the broken are blessed.

"Blessed" literally means "true happiness that's not related to circumstances." True happiness and joy have nothing to do with the circumstances of life. "Blessed" is a happiness that God has embedded into your heart, a deep-seated peace, happiness, and joy that the world can't explain.

When you find the Healer, you find true happiness. When you realize you need restoration and turn to the only One who can restore you, you will find that restoration, and it brings true happiness that nothing can take away.

There are two types of people in the world – those who are broken and realize it and those who are broken and don't realize it.

We're all broken, and we all need to be restored. Jesus is saying that brokenness leads to blessedness.

We need a close relationship with the only One who can give us true happiness because we were created for a relationship with our Creator.

How do I receive comfort?

1. STOP RUNNING FROM PAIN AND TURN TO GOD.

One of the main reasons we get stuck in life is because of denial. We don't admit our brokenness. We excuse ourselves. We say, "Well, my problems aren't that bad." We say, "It's not that big a deal. There are so many other people that are so much worse than me."

We try to fix ourselves. We try to change ourselves. We try to get our act together. We put on a good show. We look good on the outside, but on the inside we're broken like everyone else.

Sometimes we play the blame game. We say, "If the other person would just change, then everything would be great. If they didn't act the way they do, then I wouldn't do what I do. It's really their problem. That's why I do

the things I do." We just blame our circumstances. We blame our upbringing. We blame everyone else, and it keeps us stuck.

The antidote to denial is admitting our brokenness. When the pain gets great enough, we eventually admit our brokenness, and that's why God allows the pain in our life so many times. God uses three denial destroyers to blow up the bridges that we've created that aren't solid.

- A crisis

A crisis wakes us up to see that we have to turn to God. It can be an illness. It can be a loss of a job. It could be a break up of a relationship. It knocks you to your knees, and sometimes God will allow the crisis in our lives, that pain, to wake us up and turn us to the Healer so that He can bring true restoration.

- Confrontation

When someone in your life cares enough about you to say, "You're going to lose your family. You're going to lose your health. You're going down the wrong track. I love you and I care about you enough to tell you the truth."

We want to cover up our brokenness and limitations. We just want to paint over the pain. We can paint over the pain with food, or sex, or with drugs and alcohol. Sometimes we paint over the pain with work. You can paint over the pain by staying busy, but when we paint over the cracks, it's eventually going to collapse.

- Collapse

In the great bridge collapses of the 19th and early 20th centuries, some statistics say that one in every four bridges collapsed.

It always went back to the engineer's pride in wanting to build it bigger or better. They didn't take any advice or listen to the structural engineers. Many of these bridges collapsed with great loss of life.

As humans, we can experience collapses. It can be emotional collapse, relational collapse, family collapse, physical collapse, spiritual collapse, financial collapse, but it's when you hit rock bottom and there's nowhere else to look but up to God.

We rarely change when we see the light, but we change when we feel the heat.

C. S. Lewis said, "Pain is God's megaphone. It wakes us up and it turns us to the only one who can heal us." Please don't let it come to collapse. God loves you enough to let it come to collapse because He knows that the only way you'll find true happiness and restoration is to look to Him. Nobody wants pain. Nobody wants to be hurt. Nobody wants to go through pain and difficulty, but it's a powerful thing.

2. ALLOW YOUR HURTS TO TURN YOU TO THE HEALER.

- My failures turn me to the Father.

In Jesus' story of the prodigal son, it's amazing how far the prodigal son ran from the father. He was tough and cool and self-sufficient and the life of the party. He had friends and was partying it up.

Eventually he lost all his money and all his friends. He ended up in a pigpen feeding pigs. His pay was that he got to eat some of the pig slop. He had hit rock bottom—a total collapse—but that's when the turnaround verse happens.

"When he came to his senses he got up and went to his father." Luke 15:17, 20

When he failed, he realized how broken he was. If God just let us succeed at everything, then we would never understand how broken we are and how much we need Him.

When we realize our failures and turn to the Father, He holds us in His arms and brings healing to us. Failure is not that dangerous. It points you to the only One who can heal you.

It's when God allows you to have some successes and you start thinking I can handle this. Success can fool you. We don't need success. What we need is significance. There's nothing wrong with success, but it'll never fill the emptiness in your life. Significance comes from that relationship with the Healer, and that's why God allows us to fail, because He loves us.

It's my failures in life that have turned me to the Father. I let Him restore me, and then I experience true significance and happiness. Successes are always empty without significance, and that only comes from recognizing your brokenness and turning to the One who can heal.

"Lord, you alone can heal me, You alone can save, and my praises are for You alone." Jeremiah 17:14

All hurts can only be healed by God. God uses medicine and doctors and medical professionals to bring physical healing, but it's really God who does the healing. Only God can heal a broken heart. Only God can heal broken emotions. Only God can heal a broken life.

When our children were little they would always bring us their toys whenever they were broken and say, "Daddy, fix it." They thought Daddy could fix anything. We thought, "Boy, they don't know that their daddy can't fix anything."

But we have a God who can fix everything and all we have to do is say, "Daddy, fix this. Fix my broken heart. I can't do it anymore. It's too painful. Daddy, fix my broken relationship. Daddy, fix my broken life." When we admit it. He begins healing.

- My tears turn me to the Creator.

"But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us." 2 Corinthians 4:7

It is in the tears of life that we discover the treasures of life. Our tears give us perspective. We grieve your brokenness and your loss. We're taught as kids, "Stop crying, or I'll give you something to cry about. Suck it up. Rub some dirt on it. It's alright. Get back out there. Don't cry."

We're all jars of clay. A jar of clay in the New Testament times was just an old ordinary clay pot, but we have an extraordinary God living in us. The treasure is inside us because of Jesus Christ. We're all just clay pots.

We're cracked and broken, but the more cracked and broken you are, the more the light of Christ shines through you, and the more the world sees Christ. People are attracted to people who admit their brokenness.

"Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation, for through Him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see- such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through Him and for Him. He existed before anything else, and He holds all creation together." -Colossians 1:15-17

There are three essential things we learn about God from looking at Christ's life.

3. QUIT RELAYING ON YOURSELF And SURRENDER TO God'S COMFORT.

- God knows.

"When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd." Matthew 9:36 (NIV)

When Christ looked into the crowd, He saw into their hearts. It wasn't just a crowd of people. He saw into each individual heart, and He saw their hurts. Maybe today you think no one else sees, no one else knows the pain you're going through. God knows. God sees. You may be thinking, "No one really knows how bad my marriage is and how painful it is." God knows. "No one else really knows what's going on in my business and the stress that I'm under." God knows. "No one else really knows about that medical report that I just received." God knows. "No one else knows about my loneliness and my pain." God knows. He knows everything.

God has collected every tear you cried. He never lets a teardrop fall, and He never wastes a teardrop. He never wastes a hurt. He can take your pain and bring a great purpose out of it. There's always a purpose in the pain.

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in Your book." Psalm 56:8

- God cares.

"Jesus wept." John 11:25

When Christ came up to Mary and Martha after the death of His friend, Lazarus, and He knew He was going to raise Lazarus from the dead. But everyone was mourning, everyone was crying, and He hurt for them all because of the pain that death causes, and He cried with them.

The Creator of the universe shed tears, and He sheds tears when you shed tears. His heart is broken when your heart is broken.

- God can help.

Healing begins when we believe that God can restore and rebuild your life. Don't run from your pain. You've got to believe that God can restore and rebuild your life.

God has the power to do something about your situation. Not only does He know about and care about your situation, but He has the power to change the situation. Sometimes He changes my circumstances, and then sometimes He lets the circumstances change me, but God has the power to change us.

"Jesus replied, 'What is impossible with men is possible with God.'" Luke 18:27

What's the impossible situation that you're stuck in? What's that impossible barrier you face? It's not impossible with God. God can break through any barrier, and God can rebuild and restore any bridge in your life. Nothing is impossible with Him.

"For God is working in you, giving you the desire and the power to do what pleases Him." Philippians 2:13

Willpower is not going to be enough. God will give you the desire to do the right things and the power to do the right things. Only God can do that through His strength. He will renew your mind as you keep getting into God's Word and keep coming to weekly worship, and keep growing in Him.

God holds all creation together. He is the great restorer. He is the great builder. He is the one that can hold your life together when it's falling apart. He's the one that can hold your marriage together when it's falling apart. He's the one that can hold your heart together when it's broken and shattered. He holds everything together, but you have to let him hold you. You have to stop running from your pain and take your pain and your brokenness and say, "Daddy, fix it. Daddy, fix it."

DNA studies have added more proof to the existence of God. Laminin is this major protein that help with our cells. It is the protein that is influential in cell differentiation, but it works mostly with adhesion. It is the protein that holds cells together. It's the glue that holds all the cells of the living thing together.

Under a microscope, Laminin is in the physical shape of a cross. It's one more reminder that Jesus Christ holds everything together. The Cross of Christ will put you back together. He was broken, so that we can be made whole.