

LIFE'S HEALING CHOICES

A person with curly hair, wearing a dark long-sleeved shirt and purple leggings, stands on the peak of a dark, jagged rock formation. Their arms are outstretched horizontally, framing the word "CHOICES" in the title above them. The background features a vast mountain range under a sky with soft, pinkish-orange clouds, suggesting a sunrise or sunset.

MATTHEW 5:1-11



LIFE'S HEALING
CHOICES

MATTHEW 5:1-11

To recalibrate ourselves-
individually and as a church
family- to live beautifully in a
broken world.

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MATTHEW 5:1-11

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Video – the beatitudes

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The poor in spirit = confession

Those who mourn = contrition

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Blessed are those who mourn for
they shall be comforted

Matthew 5: 4

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When we hide, sin festers, when
we mourn, sin is healed and we
are comforted



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1. Jesus promises to comfort those who mourn their own sin

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**1. Jesus promises to comfort those
who mourn their own sin**

BUT

We keep going!

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**1. Jesus promises to comfort those
who mourn their own sin**

BUT

We keep going!

We try to hide!

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Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden

Genesis 3:8



But Jonah ran away from the LORD and headed for Tarshish

Jonah 1:3

“If God is with me then why am I hiding in this hole in the ground?”



Judges 6:11



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God sees

“Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable”

Hebrews 4:13

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God sees-and wants us to see

Denial Buster 1= Pain

“... pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world.” CS Lewis

God sees-and wants us to see

Denial Buster 2 = People

“Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path” Galatians 6:1

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***“To all who mourn in Israel, He will
give a crown of beauty for ashes, a
joyous blessing instead of mourning,
festive praise instead of despair”
Isaiah 61***

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2. Jesus promises to comfort those who mourn the sin of the world

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2. Jesus promises to comfort those who mourn the sin of the world

Wealth without
work

Pleasure without
conscience

Knowledge
without character

Commerce
without morality

Science without
humanity

Worship without
sacrifice

Politics without
principle

Frederick Lewis Donaldson 1925

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***I will never forget this awful time, as I grieve
over my loss.***

Yet I still dare to hope when I remember this:

***The faithful love of the Lord never ends! His
mercies never cease.***

***Great is his faithfulness; His mercies begin afresh
each morning***

Lamentations 3:20

3. Jesus promises to comfort those who mourn so they can comfort others

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Video-comfort

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MATTHEW 5:1-11

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To all who mourn in Israel, He will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for His own glory. They will rebuild the ancient ruins, repairing cities destroyed long ago
Isaiah 61

- Which of these barriers to commitment do you struggle with the most-pride, guilt, worry, fear, doubt? Spend some time talking to God about it
- *“Come to me all who are weary and overburdened and I will give you rest.” Matthew 11:28* What does that verse tell us about God’s character? In what area of your life do you need to rest now?
- The commitment choice is all about letting go and accepting God’s will as your strategy. What would it look like for you to ‘Let go and let God’? Are there any barriers stopping you doing that?
- *“I can do all things through Christ who strengthens me” Philippians 4:13* Start each day saying and reflecting on this. What difference could this make if you truly grasp it as a truth?

“Blessed are those who mourn for they shall be comforted”

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God longs for us to face Him with our grief
and to let Him comfort us. What do you
need to hand to Him today?

Take it to the cross-and leave it there

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