



#8 "Comfort Me"

1. Life events create the _____ for comfort.

Lamentations 3:19-26 (NIV) I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him." The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD.

2. _____ is the greatest source of comfort.

Lamentations 3:22-24 (NIV) Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him."

When we believe that God loves us, we know that:

- We are not alone.

Hebrews 13:5-6 (NIV) ...Because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

- There is purpose in our pain.

2 Corinthians 4:16-18 (NIV) Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

- His grace is always enough.

2 Corinthians 12:9 (NIV) But He said to me, "My grace is sufficient for you, for My power is made perfect in weakness." ...

- God uses people as conduits of His comfort.

2 Corinthians 7:6 (NIV) But God, who comforts the downcast, comforted us by the coming of Titus.

- Suffering is only for a season.

Psalm 23:4 (NIV) Even though I walk through the darkest valley, ...

1 Peter 5:10 (NIV) And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

- Jesus comes to us in our pain.

John 11:28 (NIV) And after she had said this, she went back and called her sister Mary aside. "The Teacher is here," she said, "and is asking for you."

- Pain can be conquered.

Romans 8:35 (NIV) Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

Romans 8:37-39 (NIV) No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

3. Comforted people can _____.

Jeremiah 29:10-14 (NIV) This is what the LORD says: "When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place. For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the LORD, "and will bring you back to the place from which I carried you into exile."

5 things that make us a better comforter:

- _____.
- _____.
- _____.
- _____.
- Practical _____.