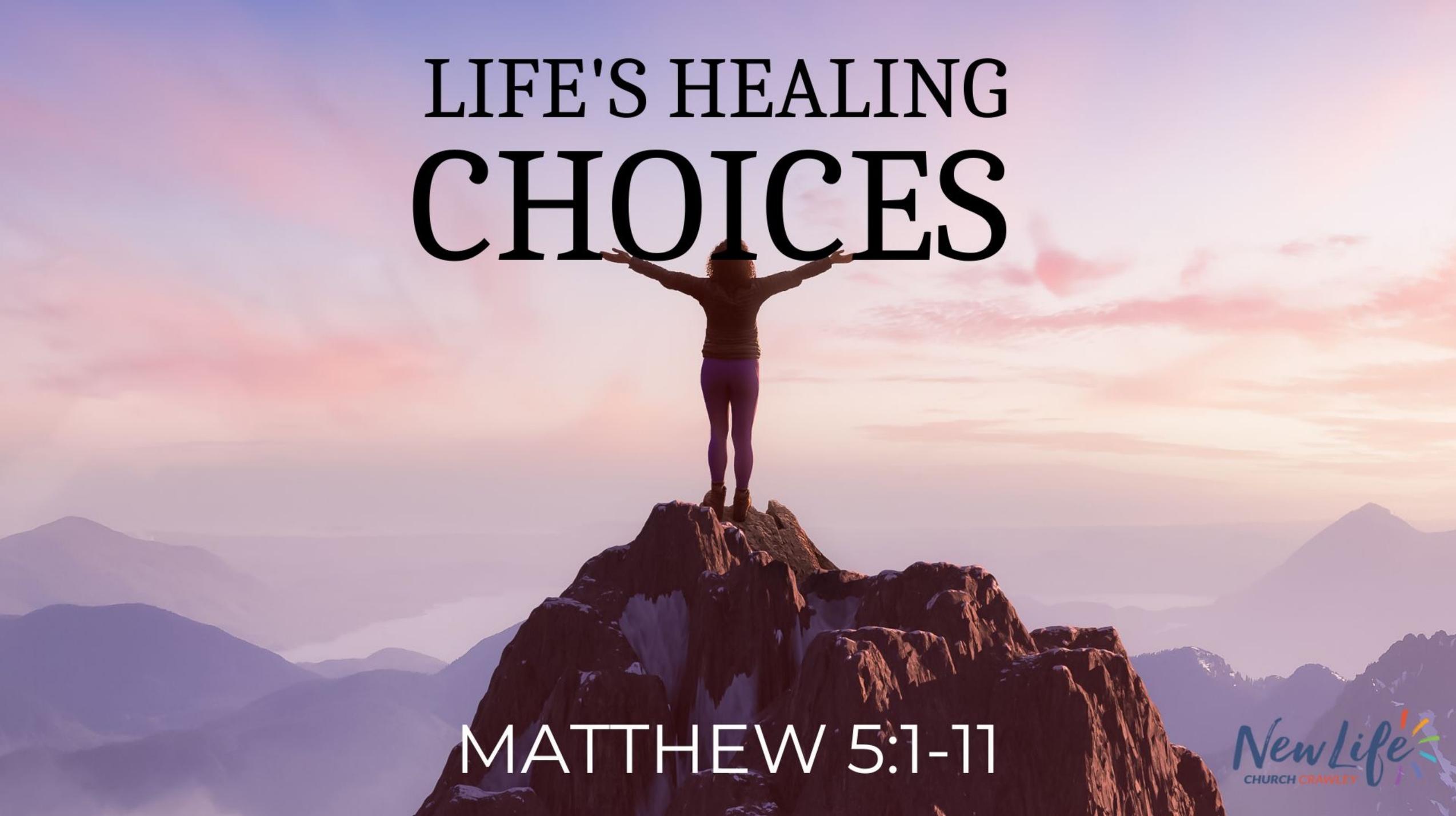


LIFE'S HEALING CHOICES

A person with their arms raised stands on a rocky mountain peak, holding up the large text 'LIFE'S HEALING CHOICES'. The background is a vast mountain range under a sunset sky with soft, colorful clouds.

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.

LIFE'S HEALING
CHOICES

MATTHEW 5:1-11

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Video – the beatitudes

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CHOICES

MATTHEW 5:1-11

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The poor in spirit = confession

Those who mourn = contrition

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CHOICES

MATTHEW 5:1-11

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Blessed are those who mourn for
they shall be comforted

Matthew 5: 4

LIFE'S HEALING
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MATTHEW 5:1-11

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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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MATTHEW 5:1-11

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

BUT

We keep going!

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MATTHEW 5:1-11

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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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MATTHEW 5:1-11

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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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MATTHEW 5:1-11

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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

LIFE'S HEALING
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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”
Isaiah 61***

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MATTHEW 5:1-11

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

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MATTHEW 5:1-11

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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

LIFE'S HEALING
CHOICES

MATTHEW 5:1-11

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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

LIFE'S HEALING
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MATTHEW 5:1-11

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

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MATTHEW 5:1-11

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Video-comfort

LIFE'S HEALING
CHOICES

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

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MATTHEW 5:1-11

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- 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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MATTHEW 5:1-11

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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

LIFE'S HEALING
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MATTHEW 5:1-11

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