

Attitude is Everything Soothing Your Soul

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

Message translation "You're blessed when you feel you've lost what is most dear to you"

J. B. Phillips translation "How happy are those who know what sorrow means!"

Definition: To mourn signifies a deep, sorrow that pierces the heart.

Two areas that we need to be able to mourn...

I. Losses in this life.

Several observations concerning mourning in this area....

A. Pleasure and pain are closely connected.

B. Only Those Who Mourn will be comforted.

2 Corinthians 1:1-4 (NIV) Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

Several things to remember when you mourn over losses in this life:

1. Realize that God is with me.

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

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

Hebrews 4:16 (NIV) Let us approach God with confidence, so we may receive mercy and find grace to help

us in our time of need.

2. Rely on God's Resources

A. God's Word.

Psalms 119:25, 52 (LB) I am completely discouraged. ... Revive me by Your Word. Your Word has been my comfort.

B. God's People.

C. God's Spirit is our comfort.

Romans 15:13 (Phillips) May 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.

The second area that we need to mourn over is...

II. Mourn over our sin

2 Corinthians 7:10 (NIV) Godly sorrow brings repentance that leads to salvation.

4 differences between Godly sorrow and worldly sorrow:

1. Godly sorrow is remorseful over sin.

Worldly sorrow only regrets being caught.

2. Godly sorrow is evidenced by a humble attitude.

Worldly sorrow continues to display a resentful spirit.

3. Godly sorrow results in a willingness to change.

Worldly sorrow results in hanging on to the sin.

4. Godly sorrow brings on repentance.

Worldly sorrow brings on death.