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Lean On What You KNOW, Not What You FEEL

*“And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.”*

*2 Cor 1:7*

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# We Know...

• God is **With** Us:

Is 43:2

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.*

• God Will Never **Abandon** us:

Heb 13:5

*"Never will I leave you; never will I forsake you."*

• God never **Forgets** us:

Is 49:15

*"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands."*

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# Give Yourself Permission To Grieve

*“There is a time for everything...a time to grieve and a time to dance.”*

*Eccl 3:1;4*

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# Grief...

- **Our Grief is *different*:**

**1Thess 4:13**

***“We do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope.”***

- **We never grieve *alone*:**

**Psm 34:18**

***“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”***

- **We are assured our grief *will pass*:**

**Psm 30:5**

***“Weeping may remain for a night, but joy comes in the morning.”***

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Let God And Others Comfort You

*“Come to me, all you who are weary and burdened, and I will give you rest.”*

**Mt 11:28**

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# Comfort...

- God comforts us with His **presence**: John 14:16

*"I will ask the Father, and he will give you **another Counselor** to be with you forever."*

- God comforts us with His **Word**: Psm 119:28

*"My soul is weary with sorrow; strengthen me according to your **word.**"*

- God comforts us with His **people**: 2 Cor 1:3-4

*"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."*

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Look Forward To Life Not Back To Death

*“Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness but will be raised in strength.”*

1 Cor 15:43

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# We look forward to...

- *The glory of His **presence**:* *Rom 8:18*

*"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."*

- *The joy of **eternal life with Him**:* *Rev 21:24*

*"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."*

- *The promise of **reuniting** with those we love:* *2 Sam 12:23*

*"I will go to him, but he will not return to me."*

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# Challenge

## Live So You Have No Regret

- Show your love
- Forgive...or seek forgiveness
- Invest in those you love
- Serve God first and best

*“I have given you glory on the earth, having done all the work which you gave me to do.”*

John 17:4

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