

## **DON'T WORRY - BE HAPPY!**

Matthew 5:8 "They are blessed whose thoughts are pure, for they will see God.

## **HOW TO EXPERIENCE GOD'S COMFORT**

### **1. REALIZE THAT GOD IS WITH YOU**

*Rom 8:31? If God is for us, who can be against us?*

#### **Things I Need to Remember When Experiencing a Trial**

\* God is Aware

*Job 13:27 "You (God) keep a close watch on all my paths."*

\* God is On Time!

*Psalms 46:1 God is our refuge and strength, an ever-present help in time of need*

\* God Wants to Help You

*Hebrews 4:16 "Let us approach (God) with confidence, so we may receive mercy and find grace to help us in our time of need."*

### **2. RELEASE YOUR BURDENS TO GOD**

**How?** I must stop focusing on what's lost and start focusing on what's left.

*Isaiah 43:18 "Do not dwell on the past. See, I am doing a new thing!" says The Lord*

#### **Here are the options what you can do with your burdens:**

- 1) Repress it - Push it down, swallow it. If you swallow your feeling your stomach keeps score.
- 2) Rehearse it - They go over and over it in their mind.
- 3) Resent it - We think of getting even
- 4) Release it - Release the burden to God.

*Rom 12:19 "Dear friends, never venge yourselves. Leave that to God, for He has said He will repay those who deserve it."*

### **3. RELY ON GOD'S RESOURCES**

Three "Comforters":

1. God's Word

*Ps. 119:25 "I am completely discouraged ... Revive me by Your Word. ...Your Word has been my comfort."*

2. God's People

*2 Cor. 1:3-4 "... The God of all comfort comforts us in all our troubles, so that we can comfort others with the comfort we ourselves have received from God."*

3. God's Spirit as our Comforter

*Rom 15:13 "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."*

Closing:

**Revelation 21:4** *And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.*