

IV. RELY ON GOD'S RESOURCES

"He heals the brokenhearted And binds up their wounds."

Psalm 147:3

A. God's Word.

*"I remembered Your judgments of old, O LORD,
And have comforted myself."*

Psalm 119:52

Discipline #1: Daily read the Bible

*"Therefore we do not lose heart. Even though our
outward man is perishing, yet the inward man is being
renewed day by day."*

II Corinthians 4:16

B. God's people.

*"Therefore comfort each other and edify one another,
just as you also are doing."*

I Thessalonians 5:11

Discipline #2: Be a participator, not a spectator.

*"3 Blessed be the God and Father of our Lord Jesus
Christ, the Father of mercies and God of all comfort,
4 who comforts us in all our tribulation, that we may be
able to comfort those who are in any trouble, with the
comfort with which we ourselves are comforted by
God."*

II Corinthians 1:3-4

C. God's Spirit.

*"16 And I will pray the Father, and He will give you
another Helper, that He may abide with you forever—
17 the Spirit of truth,..."*

John 14:16-17a

Discipline #3: Walk in the Spirit

*"I say then: Walk in the Spirit, and you shall not fulfill
the lust of the flesh."*

Galatians 5:16

ARE YOU TRULY HAPPY?

"...Happy are the people whose God is the LORD!"

Psalm 144:15b

**TRULY HAPPY
Happy Are The Sad**
Pastor Steve Reynolds

INTRODUCTION

A. "Where can I find TRUE happiness?" Virtually everyone has ask this question at some point. The challenge is finding true happiness in a world full of fake. The good news is true happiness is available and can be found in God.

"...Happy are the people whose God is the LORD!"

Psalm 144:15b

Yes, God wants you to be TRULY HAPPY! But God's plan for true happiness looks very different than you would expect.

B. God reveals His plan for human happiness in what is called the Beatitudes (Matthew 5:1-12). Join the Capital Family for a journey through this famous Bible passage and find out what Jesus said about true happiness in a world full of fake.

Oct 10	Let's Get Truly Happy
Oct 17	Happy Are The Humble
TODAY	Happy Are The Sad
Oct 31	Happy Are The Meek
Nov 7	Happy Are The Hungry
Nov 14	Happy Are The Merciful
Nov 21	Happy Are The Holy
Nov 28	Happy Are The Peacemakers
Dec 5	Happy Are The Persecuted

C. **TEXT:** Matthew 5:4

- The fake way to happiness is having the right circumstances. It is based on "when and then thinking".

- The true way to happiness is having the right characteristics.

"If you know these things, blessed are you if you do them."

John 13:17

HOW TO HEAL YOUR BROKEN HEART

I. RECEIVE JESUS CHRIST AS YOUR SAVIOR AND LORD

*“I Blessed is he whose transgression is forgiven,
whose sin is covered.*

*4 For day and night Your hand was heavy upon me;
My vitality was turned into the drought of summer. Selah*

*5 I acknowledged my sin to You, And my iniquity I have not hidden.
I said, “I will confess my transgressions to the LORD,” And You
forgave the iniquity of my sin. Selah”* Psalm 32:1, 4-5

A. Turn from your sin.

*“For godly sorrow produces repentance leading to salvation,
not to be regretted; but the sorrow of the world produces
death.”* II Corinthians 7:10

*“8 Draw near to God and He will draw near to
you. Cleanse your hands, you sinners;
and purify your hearts, you double-minded.*

*9 Lament and mourn and weep! Let your laughter be turned to
mourning and your joy to gloom.
10 Humble yourselves in the sight of the Lord, and He will lift
you up.”* James 4:8-10

*“Were they ashamed when they had committed abomination?
No! They were not at all ashamed; Nor did they know how to
blush. Therefore they shall fall among those who fall;
At the time I punish them, They shall be cast down,” says
the LORD. “* Jeremiah 6:15

B. Trust Jesus Christ for your salvation.

“...He has sent Me to heal the brokenhearted, ...” Luke 4:18b

*“He is despised and rejected by men, A Man of sorrows
and acquainted with grief. ...”* Isaiah 53:3a

*“But as many as received Him, to them He gave the right to
become children of God, to those who believe in His name:”*
John 1:12

II. REALIZE GOD IS WITH YOU

*“The LORD is near to those who have a broken heart, And saves
such as have a contrite spirit.”* Psalm 34:18

A. God is aware.

*“But He knows the way that I take; When He has tested me, I
shall come forth as gold.”* Job 23:10

B. God wants to help you.

“casting all your care upon Him, for He cares for you.”
I Peter 5:7

III. RELEASE YOUR HURT

*“Cast your burden on the LORD, And He shall sustain you;
He shall never permit the righteous to be moved.”* Psalm 55:22

A. How? By letting go and giving it to God.

*“Beloved, do not avenge yourselves, but rather give place to
wrath; for it is written, “Vengeance is Mine, I will repay,” says
the Lord.”* Romans 12:19

B. Don't...

1. Rehearse it.

*“18 “Do not remember the former things, Nor consider
the things of old.
19 Behold, I will do a new thing, ...”* Isaiah 43:18-19a

2. Resent it.

*“looking carefully lest anyone fall short of the grace of
God; lest any root of bitterness springing up cause
trouble, and by this many become defiled”*

Hebrews 12:15