

Ew. Choosing Jesus in the Mess
Getting Help: The Hope Choice

Memory Verse: Matthew 5:4 - “Blessed are those who mourn, for they shall be comforted.” ESV

1. My mourning invites God’s comfort and help.

- **Mourn-** to feel and express sorrow over anything we regret. *1 Peter 5:7*
- **We mourn our past mistakes.** *2 Corinthians 7:10-11a*
- **We mourn our loss of control.**
- **Mourning is God’s pathway to comfort.**
Isaiah 61:3; Psalm 46:1

2. My denial produces pain that may move me toward getting help from God. *Psalm 32:3-5; Psalm 18:6*

“We can ignore even pleasure. But 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.

- The 3 C’s of Change**
- 1) **Crisis**
 - 2) **Confrontation**
 - 3) **Catastrophe**

3. My faith to believe the truth about God will enable me to receive the help I need.

3 Truths about God that I need to believe to really receive His help

- 1) **I believe God exists.** *Hebrews 11:6*
- 2) **I believe I matter to Him.** *Psalm 31:7*
 - **He knows about my situation-** *Psalm 34:18*
 - **He cares about my situation-** *Psalm 103:13; Psalm 56:8; Romans 5:5-8*

3) I believe He will give me the power to change.
Ephesians 1:19-20; Isaiah 43:1b-2a; 2 Timothy 1:7; Philippians 2:13

Next Week’s Reading Guide:
Matthew 5:5; Mark 8:36-37
Matthew 11:28-30
Proverbs 10:8-9; Proverbs 18:12
Psalm 40:12; Isaiah 44:22
Matthew 17:20; Philippians 1:6
Psalm 40:8; Philippians 4:13
2 Corinthians 5:17; Romans 8:15-16

- Discussion Questions:**
1. Share something of control that you have given up to God. What have you mourned about that loss of control? How has God comforted you in your mourning?
 2. What kind of crisis, confrontation or catastrophe have you experienced that has moved you toward God’s help?
 3. How has God empowered you to change? How has He shaped your life, that wouldn’t have happened, if you had not plugged into His 3-phase power?
 4. How have the 3 phases of God’s power changed how you live? (power, love, self-control).

sermon notes