

HEALING

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Life's Healing Choices

**Week 2/ Choice 2:**

**The Hope Choice: earnestly believe that God exists, that I matter to Him, and that He has the power to help me change.**

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

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## Three kinds of Mourning

**Sadness Over \_\_\_\_\_ Loss \_\_\_\_\_ . (Appropriate and healthy)**

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**Ecclesiastes 3:4 a time to weep and a time to laugh, a time to mourn and a time to dance,**

**Romans 12:15 Rejoice with those who rejoice. Weep with those who weep.**

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**2 Corinthians 6:10 ...sorrowful, yet  
always rejoicing; poor, yet making many  
rich; having nothing, and yet possessing  
everything.**

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Depression Over "Need". (Sinful)

Hopelessness" Trusting in a False Hope

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**1 Thessalonians 4:13 Brothers, 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.**

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“Atoning” for sins. ‘I should have known better’”



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**Psalm 51 :16-17 You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.**

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Failure : 'I'm really not like this'



**Matthew 27:5** So Judas threw the money into the temple and left. Then he went away and hanged himself.

**2 Cor. 7:10** Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

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**Mourning over \_\_\_\_\_ My Sin \_\_\_\_\_ .**

**(Appropriate and healthy)**

**2 Corinthians 7:10 Godly sorrow  
brings repentance that leads to salvation  
and leaves no regret, but worldly sorrow  
brings death.**

**“Brings repentance”**

**“Leads to salvation”**

**“Leaves no regret”**

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## Sources of Comfort

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

**God**

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**“Comfort” –**

**Psalm 138 :3 When I called, you answered me; you made me bold and stouthearted.**

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**1 Samuel 30:6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.**

HEAR  
ALL  
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**The \_\_\_\_\_ Holy \_\_\_\_\_ Spirit \_\_\_\_\_ .**

**John 14:16 And I will ask the Father, and he will give you another Counselor to be with you forever—**

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God's People .

**2 Corinthians 1:4 ...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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## The Both/And Principle

**Psalms 126:5 Those who sow in tears  
will reap with songs of joy.**

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**Psalm 30:5 For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.**

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## The Either/Or Principle

**Matthew 8:12** “But the subjects of the kingdom will be thrown outside, into the darkness, where there will be weeping and gnashing of teeth.”

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**Revelation 21 :4 “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.”**

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A woman with dark hair and bangs is shown in profile, looking through a crack in a textured wall. Her hand is pressed against the wall on the left side of the crack. The entire image is overlaid with a semi-transparent red filter.

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