

The Benefits of Sorrow – 10/25/20

TEXT- Php 2:8-11 *And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. 9 Wherefore God also hath highly exalted him, and given him a name which is above every name: 10 That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; 11 And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.*

INTRO – The road to sorrow has been well trodden. Even believers sometimes face painful circumstances, trials or emotional turmoil. No one is exempt. Heavy weights of despair can plague the soul to the point that life seems hopeless. Even at times the presence of God seems far away.

I. The Condition of Sorrow

ILL – Spurgeon's Sorrow – 22 years old newly married with twin boys at home. A prankster yelled "fire" and people stampeded from the building. 7 dead and 28 seriously injured. The newspapers cruelly blamed him. His anguish was violent and deep.

Psa 88:3-7 *For my soul is full of troubles: and my life draweth nigh unto the grave. 4 I am counted with them that go down into the pit: I am as a man that hath no strength: 5 Free among the dead, like the slain that lie in the grave, whom thou rememberest no more: and they are cut off from thy hand. 6 Thou hast laid me in the lowest pit, in darkness, in the deeps. 7 Thy wrath lieth hard upon me, and thou hast afflicted me with all thy waves. Selah.*

- A. A sense of helplessness
- B. A sense of shame
- C. A sense of anguish
- D. Depression is involuntary

II. The Cause of Sorrow

- A. It can be an imbalance of the body's chemistry
- B. It can be the result of painful circumstances
- C. It can be the result of sin
- D. It can come in childhood

III. The Confession of Sorrow

- A. Sadness is neither a sign of laziness nor the result of sin
- B. There is no cure for sadness
- C. Some are prone to sadness from birth
- They can fear where no fear is

- If things are calm they look for what harm awaits
- If things go wrong they assume things will get worse
- They assume doom in the future when no doom awaits
- They convert suspicions into realities
- By the slightest circumstances they begin to fret

IV. The Comfort for Those That Sorrow

Rom 8:26-27 *Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. 27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.*

There is Bunyan's – Slough of despond, captures by the giant of despair, beaten in doubting castle

Troubled souls need comforting words and compassion

V. The Comparison of Sorrow

- A. Depression may come by physiological means
- B. Depression is not a sin
- C. Depression is not unique to you

Martin Luther

Isaac Newton

William Cowper

Job

David

Elijah

Jesus Christ

Grace relieves but does not always cure it

VI. The Criticism of Sorrow

- A. It can rob us of gratitude toward God
- B. Others think you are not spiritual
 - 1. We judge others by our circumstances not theirs
 - 2. We think our words of rebuke will heal their problems
 - 3. We fail to understand our limited knowledge

Jobs friends

- The frail leaf – Job 13:25
- The wounded spirit – Proverbs 18:14
- The fainting soul – Psalm 42:6
- The bruised reed – Isaiah 42:1-3
- The man of sorrows – Isaiah 53:3

- **Paul's thorn in the flesh – 2 Corinthians 12:7**

We must understand their depths of despair

Psa 88:6 *Thou hast laid me in the lowest pit, in darkness, in the deeps.*

VII. The Christ of Sorrows

Isa 53:3 *He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.*

A. The Garden of sorrows – Gethsemane

B. He is able to help us

Heb 4:15 *For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.*

Heb 2:18 *For in that he himself hath suffered being tempted, he is able to succour them that are tempted.*

Others may not understand what you are feeling but Jesus does!

The highs and lows of Elijah

Deu 33:27 *The eternal God is thy refuge, and underneath are the everlasting arms: and he shall thrust out the enemy from before thee; and shall say, Destroy them.*

Psa 77:7-12 *Will the Lord cast off for ever? and will he be favourable no more? 8 Is his mercy clean gone for ever? doth his promise fail for evermore? 9 Hath God forgotten to be gracious? hath he in anger shut up his tender mercies? Selah. 10 And I said, This is my infirmity: but I will remember the years of the right hand of the most High. 11 I will remember the works of the LORD: surely I will remember thy wonders of old. 12 I will meditate also of all thy work, and talk of thy doings.*

VIII. The Cure For Sorrows

A diagnosis doesn't cure

Psa 42:11 *Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.*

A. There is a limit to human power

B. A cure doesn't come easily or quickly

C. The problem may be hard to identify and explain

D. We find examples in the Bible to encourage us

Psa 77:19-20 *Thy way is in the sea, and thy path in the great waters, and thy footsteps are not known. 20 Thou leddest thy people like a flock by the hand of Moses and Aaron.*

Psa 103:13 *Like as a father pitieth his children, so the LORD pitieth them that fear him.*

2 Co 1:20 *For all the promises of God in him are yea, and in him Amen, unto the glory of God by us.*

IX. The Common Sense About Sorrows

Pro 17:22 *A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*

A. Make contact with nature and sunshine

B. Make seasonal retreats

Mar 6:31 *And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.*

C. Limit your work to what you can accomplish

D. Doctors – Get a medical check-up

E. Sermons songs and teaching

G. Diet and exercise

H. We must have the help of God

Carlini effect

X. The Choice of Ending Sorrows

Suicide or choose life

Job 7:13-19 *When I say, My bed shall comfort me, my couch shall ease my complaint;*

1 Ki 19:4 *But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.*

Ecc 2:17 *Therefore I hated life; because the work that is wrought under the sun is grievous unto me: for all is vanity and vexation of spirit.*

We must not cut short the future blessings of God

1 Co 2:9 *But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.*

CONCL – Choose life and rebuild our hope

I would not choose it but I would not change it!

Romans 8:28

Joseph – God meant it for good.