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**Series: Eight Keys to Happiness**  
**How Do You Mend a Broken Heart?**

**Matthew 5:3-12 (NIV)**

*"Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.*

***<sup>4</sup>Blessed are those who mourn,  
for they will be comforted.***

*<sup>5</sup>Blessed are the meek,  
for they will inherit the earth.*

*<sup>6</sup>Blessed are those who hunger and thirst for righteousness,  
for they will be filled.*

*<sup>7</sup>Blessed are the merciful,  
for they will be shown mercy.*

*<sup>8</sup>Blessed are the pure in heart,  
for they will see God.*

*<sup>9</sup>Blessed are the peacemakers,  
for they will be called sons of God.*

*<sup>10</sup>Blessed are those who are persecuted because of  
righteousness,  
for theirs is the kingdom of heaven.*

*<sup>11</sup>"Blessed are you when people insult you, persecute you and  
falsely say all kinds of evil against you because of me. <sup>12</sup>Rejoice  
and be glad, because great is your reward in heaven, for in the  
same way they persecuted the prophets who were before you.*

**1. MOURNING IS NOT SOMETHING WE CHOOSE.**

v 4a *"Blessed are those who mourn..."*

God is closest to those whose hearts are broken.

JEWISH PROVERB

Circumstances that bring about mourning in our lives:

- Death
  - Physical
  - Relationship
  - Dream
- Significant Loss
- Sin

John 16:20 (NIV)

*I tell you the truth, you will weep and mourn while the world  
rejoices. You will grieve, but your grief will turn to joy.*

**2. MENDING A BROKEN HEART IS A CHOICE.**

Isaiah 61:1 (NIV)

*The Spirit of the Sovereign Lord is on me, because the Lord  
has anointed me to preach good news to the poor. He has  
sent me to bind up the brokenhearted, to proclaim freedom for  
the captives and release from darkness for the prisoners . . .*

- All mourning is not bad.
- We cannot avoid times of mourning.
- We can control our reaction to those times.

**3. MANIFESTING COMFORT FOR OUR HURT IS GOD'S  
PLEASURE.**

v. 4b *"...for they will be comforted."*

Isaiah 61:2 (NIV)

*. . . to proclaim the year of the Lord's favor and the day of  
vengeance of our God, to comfort all who mourn . . .*

Because we are His children:

- God hurts when we hurt.
- God understands our hurt and wants the best for us.
- God does not promise we will avoid sadness or pain, He  
promises to bring comfort.

God does not comfort us to make us comfortable, but to make  
us comforters. JOHN HENRY JOWETT (1817–1893)

2 Corinthians 1:3-4 (NIV)

*Praise be to the God and Father of our Lord Jesus Christ,  
the Father of compassion and the God of all comfort, <sup>4</sup>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.*

**Happy are the sad because after we have gone through  
the pain, God carries us to the victory.**