

"Help When it Really Hurts"

Matthew 5:1-16

The "Road to Recovery" leads me

Out of my hurts, habits, hang-ups
To God's life of blessedness and happiness

The first principle for this road is to

Declare spiritual bankruptcy
Stop playing God
Admit that I am powerless

Beatitude #2: "Blessed are those who mourn"

Death and separation
Failure and disappointment
Illness and suffering

Two truths we need to know:

We are blessed not because we mourn
But because we will be comforted!
We cannot know the blessing of comfort
Until we experience the pain of grief!

To mourn means that I have "hit bottom"

I must stop trusting in me
I must start trusting in God

When I've experienced what it means to really hurt

I can know how much I need to really believe.

Principle #2: Earnestly believe:

That God exists
That I matter to him
And that he has the power to help me recover.

***"My hope is built on nothing less,
Than Jesus' blood and righteousness
On Christ, the Solid Rock, I stand!"***

5:1 Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, 2 and he began to teach them, saying:

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

4 Blessed are those who mourn,
for they will be comforted.

5 Blessed are the meek,
for they will inherit the earth.

6 Blessed are those who hunger and thirst for righteousness,
for they will be filled.

7 Blessed are the merciful,
for they will be shown mercy.

8 Blessed are the pure in heart,
for they will see God.

9 Blessed are the peacemakers,
for they will be called sons of God.

10 Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

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

13 "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men.

14 "You are the light of the world. A city on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

THE ROAD TO RECOVERY

Eight Principles Based on the Beatitudes, By Pastor Rick Warren

1. **R**ealize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my Life is unmanageable.
"Happy are those who know they are spiritually poor." (Matthew 5:3)
2. **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
"Happy are those who mourn, for they will receive comfort." (Matthew 5:4)
3. **C**onsciously choose to commit all my life and will to Christ's care and control.
"Happy are the meek." (Matthew 5:5)
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust.
"Happy are the pure in heart." (Matthew 5:8)
5. **V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
"Happy are those whose greatest desire is to do what God requires."
(Matthew 5:6)
6. **E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.
"Happy are the merciful." (Matthew 5:7)
"Happy are the peacemakers." (Matthew 5:9)
7. **R**eserve a daily time with God for self-examination, Bible reading, and prayer, in order to know God and His will for my life, and to gain the power to follow His will.
8. **Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words.
"Happy are those who are persecuted because they do what God requires."
(Matthew 5:10)



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Matthew 5:4

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Really Hurts"***

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