

02 - “I Am Comforted”

By Pastor Ed Anderson

Introduction

- **Question:** Why do bad things happen to good people?
- **Message:**
- Jesus understands our pain, loss, and grief.
- Evil is real, and we experience grief as a response.
- Trust in Jesus to guide and comfort us through trials.

Part 1: Understanding Grief

- **Grief is universal:** A natural response to loss, whether it's a loved one, a relationship, or a significant life change.
- **Stages of Grief** (based on Elisabeth Kübler-Ross):
 1. **Denial** – Shock and disbelief buffer the pain.
 - **Job 1:20-21:** “The Lord gave and the Lord has taken away; may the name of the Lord be praised.”
 2. **Anger** – Facing the reality of loss.
 - **Psalms 13:1-2:** “How long, Lord? Will you forget me forever?”
 3. **Bargaining** – Attempts to negotiate with God.
 - **2 Samuel 12:16-17:** David pleaded and fasted for his son.
 4. **Depression** – Deep sadness and despair.
 - **1 Kings 19:4:** Elijah felt overwhelmed but was cared for by God.
 5. **Acceptance** – Coming to terms with the loss.
 - **Philippians 4:11:** Paul found peace in Christ, learning contentment.

Part 2: Grieving and the Reality of Evil

- **Origins of Evil:**
- **Lucifer's Rebellion:** Isaiah 14:12-15, Revelation 12:4, 7.
- **Sin Entered the World:** Genesis 3, Romans 5:12.
- **Ongoing Struggle:** Romans 7:19-25.
- **Key Question:** Why do bad things happen to good people?
- Evil is the reality of Satan's influence.

- The Bible guides us in dealing with this struggle.

Part 3: Biblical Solutions to Grief and Evil

1. **Recognize the Reality of Evil**
 - **Ephesians 6:12:** “For our struggle is not against flesh and blood.”
2. **Equip with God’s Armor**
 - **Ephesians 6:13-17:** The armor of God includes salvation, righteousness, peace, faith, and the Word of God.
3. **Stand Firm in Faith**
 - **James 4:7-8:** Submit to God, resist the devil, and draw near to Him.

Part 4: Jesus Understands and Comforts Us

- **Jesus Experienced Grief and Sorrow**
- **Isaiah 53:3:** “A man of sorrows, acquainted with grief.”
- Jesus’ understanding validates and comforts us.
- **Jesus Is Always with Us**
- **Matthew 28:20:** “Surely I am with you always, to the very end of the age.”

Part 5: Steps for Moving Forward

1. **Prayer and Meditation**
 - **Philippians 4:6-7:** Bring your requests to God for His peace.
2. **Seek Community Support**
 - **Hebrews 10:24-25:** Encourage and support one another.
3. **Embrace God’s Word**
 - **Psalms 119:105:** “Your word is a lamp for my feet, a light on my path.”
4. **Seek Professional Help**
 - **Proverbs 11:14:** “Victory is won through many advisers.”

Conclusion: Assurance in Jesus

- Jesus is real and present, supporting, directing, and watching over us.

- **Psalm 121:5-8:**
- The Lord watches over you and keeps you from harm.

Call to Action

- Spend time in prayer and God's Word.
- Lean on your church community and trusted advisors.
- Trust in Jesus, who understands your pain and provides comfort.