

but God is the strength of my heart and my portion forever" (v.26).

Then too, we must remember, on ahead lies heaven, where "God will wipe away every tear from [our] eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain" (Revelation 21:4). The path of pain will have led us to the land where loss is unknown—a place where there is no grief, but only joy and the service for which we've been fully prepared. This is what puts our pain in perspective. This is the sweet aftermath of sorrow. —DHR

*I have been through the valley of weeping,
The valley of sorrow and pain;
But the God of all comfort was with me,
At hand to uphold and sustain. —Anon.*

When we have nothing left but God, we find that God is enough.



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Central Mountains Baptist Church

9 SEPTEMBER, 2012

Sorrow's Aftermath

Whom have I in heaven but You? And there is none upon earth that I desire besides You. —Psalm 73:25

A cynic asked an elderly believer who had endured great physical pain for 20 years, "What do you think of your God now?" The godly sufferer replied, "I think of Him more than ever."



Sorrow can be the means of bringing us heart-to-heart with God. When repeated strokes of adversity have robbed us of health, friends, money, and favourable circumstances, God then becomes the only thing in life for us. We come to love Him for who He is and not merely for what He has to give.

In those times we cry out with the psalmist, "Whom have I in heaven but You? And there is none upon earth that I desire besides You" (Psalm 73:25). The path of sorrow leads us to the place where we can say, "My flesh and my heart fail;



Trusting God

Expressing Faith

(Matthew 5:11-12) "Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. {12} "Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you."

1 Thessalonians 5:16-18

(Romans 8:28) "And we know that all things work together for good to those who love God, to those who are called according to His purpose."



The secret of joy in all circumstances can be explained in three statements of choice:

1. Choose to _____ God,

(Psalms 34:8) "Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!"

(Psalms 100:5) "For the LORD is good; His mercy is everlasting, And His truth endures to all generations."

(Job 9:4) "God is wise in heart and mighty in strength. ..."

(Romans 11:33) "Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out!"

(Deuteronomy 10:17) ""For the LORD your God is God of gods and Lord of lords, the great God, mighty and awesome...."

(Job 11:7) ""... Can you find out the limits of the Almighty?"

(Jeremiah 32:17) ""Ah, Lord GOD! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You."

(Numbers 20:10-12) "And Moses and Aaron gathered the assembly together before the rock; and he said to them, "Hear now, you rebels! Must we bring water for you out of this rock?" {11} Then Moses lifted his hand and struck the rock twice with his rod; and water came out abundantly, and the congregation and their animals drank. {12} Then the LORD spoke to Moses and Aaron, "Because you did not believe Me, to hallow Me in the eyes of the children of Israel, therefore you shall not bring this assembly into the land which I have given them."

(Matthew 8:26) "But He said to them, "Why are you fearful, O you of little faith?" ..."

(Hebrews 12:12) "Therefore strengthen the hands which hang down, and the feeble knees,

(Hebrews 12:2) "looking unto Jesus, the author and finisher of our faith,"

(Proverbs 18:10) "The name of the LORD is a strong tower; The righteous run to it and are safe."



2. Choose to _____ God, 1 Thessalonians 5:16-18

(Philippians 4:4) "Rejoice in the Lord always. Again I will say, rejoice!"



(Philippians 4:6-7) "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; {7} and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

(Psalms 69:29-30) "But I am poor and sorrowful; ... {30} I will praise the name of God with a song, And will magnify Him with thanksgiving."

(Psalms 95:2) "Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms."

3. Choose to _____ to God,

(Job 1:21) "And he said: "Naked I came from my mother's womb, And naked shall I return there. The LORD gave, and the LORD has taken away; Blessed be the name of the LORD. ..."

(Lamentations 3:22-25) "Through the Lord's mercies we are not consumed, Because His compassions fail not. {23} They are new every morning; Great is Your faithfulness. {25} The LORD is good to those who wait for Him, To the soul who seeks Him."

(Habakkuk 3:17-19) "Though the fig tree may not blossom, Nor fruit be on the vines; Though the labor of the olive may fail, And the fields yield no food; Though the flock may be cut off from the fold, And there be no herd in the stalls; {18} Yet I will rejoice in the LORD, I will joy in the God of my salvation. {19} The LORD God is my strength; ..."

(Exodus 33:18-23) "And he said, "Please, show me Your glory." {19} Then He said, "I will make all My goodness pass before you, and I will proclaim the name of the LORD before you. I will be gracious to whom I will be gracious, and I will have compassion on whom I will have compassion." {20} But He said, "You cannot see My face." {21} And the LORD said, "Here is a place by Me, and you shall stand on the rock. ... {23} ". . . but My face shall not be seen."

(Exodus 34:5-8) "Now the LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD. {6} And the LORD passed before him and proclaimed, "The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth, {7} "keeping mercy for thousands, forgiving iniquity and transgression and sin, by no means clearing the guilty, visiting the iniquity of the fathers upon the children and the children's children to the third and the fourth generation." {8} So Moses made haste and bowed his head toward the earth, and worshiped."

(1 Peter 5:6-7) "Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, {7} casting all your care upon Him, for He cares for you."

(2 Corinthians 12:7) "And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure."

(Ephesians 4:32) "And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you."

(Psalms 62:5) "My soul, wait silently for God alone, For my expectation is from Him."

(Psalms 62:1-2) "Truly my soul silently waits for God; From Him comes my salvation. {2} He only is my rock and my salvation; He is my defense; I shall not be greatly moved."

(Psalms 73:25) "Whom have I in heaven but You? And there is none upon earth that I desire besides You."

