

E X P E C T T H E
unexpected

COMFORT FOR A BROKEN HEART

2 Corinthians 1:3-4 NKJV: Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

LIFE GROUP / PERSONAL STUDY:

It's important for us to have a healthy heart if at all possible! Healthy physically, but also healthy emotionally, mentally, and spiritually. However, many of us may believe that because our heart has been broken that we can never have a truly healthy heart again. In this series, we've been seeing the exact opposite. We've learned that with God's help and through our relationship with Jesus that we can have Joy even when our heart is filled with stress and we can have Peace even in the midst of trouble. This week, we're going to learn that we can also be comforted when our heart is broken. What an amazing word of encouragement and hope that is for all of us!

1A) In 2 Corinthians 1:3, who does Paul praise and why?

1B) In 2 Corinthians 1:4, to whom and when does God offer comfort?

1C) According to verse 4, why does He offer comfort?

2) What do we learn from the following verses about the way God comforts the brokenhearted?

Psalm 34:18:

Psalm 147:3:

Psalm 119:116:

Read 2 Corinthians 4:6-9:

3A) What do we learn about God and about our hearts and lives in verses 6 and 7?

3B) What promises can we find in verses 8 and 9 and how do they show that God's comfort is available regardless of the circumstances that we may face?

4) PERSONAL: What has your response been when you felt brokenhearted? Did you become more sensitive, more cynical, bitter, angry, hard-hearted, did you build walls, etc.?

Read John 14:15-18 KJV:

5A) What did Jesus tell His disciples in this passage?

5B) PERSONAL: Look at other translations. What other names do you find and how do these names give you additional encouragement as you gain more understanding of the promise Jesus gave?

5C) How does this promise apply to us today?

6) What do the following verses reveal about those who are comforted and how?

Psalm 94:19:

Matthew 5:4:

Read 2 Corinthians 1:5-7:

7A) PERSONAL: What additional insight does this passage give you concerning why we suffer and how this can lead to the fulfillment of God's purpose?

7B) PERSONAL: How do you think the worldly idea of "self-sufficiency" has caused us to miss out on the comfort that God offers?

8) PERSONAL: In order to grow any type of crop, the ground must be "broken" so the seed can take root and the field can become productive. How does this concept help you understand that we can find "comfort for a broken heart?"

ACT: All people experience a broken heart at times and we may have searched for comfort in all the wrong places. But God is the God of all Comfort and He has sent the Holy Spirit to live within our "broken" hearts to be our constant companion and our Comforter. Comfort means to strengthen and encourage. We are given comfort so that we in turn can offer comfort to others. It's important that we don't isolate ourselves from others or from God when we are feeling brokenhearted, but that we allow God to use our brokenness to be sensitive to the needs of others so that God can use us for His purpose.

Daily Devotional: It always helps to look at the context of the passage. Then try to answer the following questions about the passage. Who is involved? What is going on? Where is the action taking place? When? How can this concept apply to my life? Why is it important? Also look for Commands, Warnings, and Examples to follow or not to follow.

- This week let's explore passages that describe the amazing comfort that God offers.

Monday:

Psalm 10:17 NLT

Lord, you know the hopes of the helpless. Surely you will hear their cries and comfort them.

Tuesday:

Psalm 23:4 NLT

Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.

Wednesday:

Psalm 119:50-52 NLT

Your promise revives me; it comforts me in all my troubles. The proud hold me in utter contempt, but I do not turn away from your instructions. I meditate on your age-old regulations; O Lord, they comfort me.

Thursday:

Psalm 119:76 NIV

May your unfailing love be my comfort, according to your promise to your servant.

Friday:

Isaiah 49:13 NIV

Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the Lord comforts his people and will have compassion on his afflicted ones.

Saturday:

Isaiah 51:12-13 NLT

"I, yes I, am the one who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear? Yet you have forgotten the Lord, your Creator, the one who stretched out the sky like a canopy and laid the foundations of the earth. Will you remain in constant dread of human oppressors? Will you continue to fear the anger of your enemies? Where is their fury and anger now? It is gone!

Sunday:

2 Thessalonians 2:16-17 NLT

Now may our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal comfort and a wonderful hope, comfort you and strengthen you in every good thing you do and say.

