



Freedom

From Hurts, Hang-Ups, and Habits

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

- Matthew 5:3

**“Blessed are those who mourn,
for they will be comforted.”**

- Matthew 5:4

What We Do With Our Pain

Don't B-lame.

**“When we carry a hurt for a long time,
we eventually find our identity in that
hurt and become a victim.”**

What We Do With Our Pain

- 1) We deny our pain.
- 2) We blame our pain.
- 3) We become our pain.
- 4) We face our pain.

Facing Our Pain

Facing Our Pain

1) We mourn.

We Mourn

- 1) Past mistakes

We Mourn

- 1) Past mistakes
- 2) Loss of control

Facing Our Pain

1) We mourn.

2) We find a pathway
to comfort.

**“Blessed are those who mourn,
for they will be comforted.”**

- Matthew 5:4

**“To all who mourn in Israel, he will
give beauty for ashes, joy instead of
mourning, praise instead of despair.”**

- Isaiah 61:3

Comforting Truths

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- 1) God knows and cares about our situation.

**“The Lord is close to the
brokenhearted...”**

- Psalm 34:18

**“You know how troubled I am. You
have kept a record of my tears.”**

- Psalm 56:8

**“I have loved you with an
everlasting love.”**

-Jeremiah 31:3

Comforting Truths

- 1) God knows and cares about our situation.
- 2) God can change us and our situation.

Comforting Gifts

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1) Power

2) Love

3) Self-Control

Choices have consequences.

Choose wisely.

God knows.

God cares.

God is more than able!

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for they will be comforted.”**

- Matthew 5:4



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