

Relational Needs Course

Comfort

- **We cannot learn how to love like Jesus apart from intentional, and intimate relationships.**
- Our Do The Book verse is, “Rejoice with those who rejoice, **weep with those who weep.**” **Romans 12:15b ESV**
- **One of the most difficult challenges of dealing with pain is doing so alone.**
- **You can only comfort like Jesus when you’ve experienced His comfort**
- “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 affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.” **2 Corinthians 1:3-4 ESV**
- **To comfort someone else means that we truly hurt with and for one another in the midst of their grief or pain.**
- If comfort is one of your top needs this means when you are hurting:
 - It is very important that others respond to you with words, feelings, and a gentle touch
 - You may feel loved when a loved one sits quietly beside you and is just with you during a difficult time.
 - You might feel cared for when someone cries with you.

- You might like to hear these words: Im sad for you. Im so sorry that you are going through this. I know you are really disappointed...
- **We all need comfort**
- **We all encounter pain and suffering**
- **Troubles help Christians shift their perspective from the external and temporal to the internal and eternal.**
 - “Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.” **2 Corinthians 1:9 ESV**
 - “For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.” **2 Corinthians 4:17-18 ESV**
 - “We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us. And you are helping us by praying for us. Then many people will give thanks because God has graciously answered so many prayers for our safety.” **2 Corinthians 1:8-11 NLT**
- Lets look at another of Paul’s experiencing comfort:

- “For even when we came into Macedonia, our bodies had no rest, but we were afflicted at every turn—fighting without and fear within. But God, who comforts the downcast, comforted us by the coming of Titus,”. **2 Corinthians 7:5-6 ESV bring up script**
- **The grace of God is most keenly experienced not in the best, but in what seem to be the worst of times.**
- 2 direct ways we can experience comfort:
 - 1. By the God of all comfort**
 - The word comfort means to give strength and hope. To ease grief or pain.
 - 2. Through the people God has comforted**
 - Comfort received from God enables believers to comfort others. (Vs. 4)
- **John 11:32-36**
 - **We can express comfort to one another**
- Lets consider practical ways to join Jesus is expressing comfort to one another:
 - **Be sensitive to individuals who need comfort**
 - Learn to recognize when people need comfort
 - Be available and willing to minister to one another in time of need
 - **Respond not with facts, reason or logic**
 - An individual who is hurting does not need your head of understanding but your heart of compassion

- Refrain from analyzing the root causes of their pain: as in “The reason this happened is...” giving advise: “If I were you, I would...” criticizing their behavior: “If you had not ____ this would not have happened to you”.
- **When you try to fix someone you minimize their pain instead of validating their need of comfort**
- Instead learn to empathize with those who are hurting by identifying with their feelings, joining them in their mourning, offering care.
- Comfort is an emotional response to another person’s pain
- Comfort is not ever met by analysis, advice or criticism.
- Express words of comfort
 - **“I’m sorry that your are hurting”**
 - **“I hurt for you”**
 - **“I love you and I stand with you in this”**
- Do this verbally and in writing
- **Use appropriate touch to minister comfort**
 - A warm embrace, a squeeze of the hand, or a tender touch...different relationships involve different aspects of appropriate touch
- **Simply be with a hurting person**
 - “Rejoice with those who rejoice, **weep with those who weep.**”
Romans 12:15 ESV
 - “Blessed are those who mourn, for they shall be comforted.”
Matthew 5:4 ESV