

## Dealing With Sadness

The Point: God blesses those who choose to mourn their losses.

*“Blessed are those who mourn...they shall be comforted”~Jesus*

Desolation, anguish, dejection, despair, gloom. Loneliness. melancholy, misery...or simply feeling depressed, broken-heartedness, grief

How to deal with sadness:

**Name Your Feeling vv17-18 (self-knowledge stage)**

**17** Peace has been stripped away,  
and I have forgotten what prosperity is.  
**18** I cry out, “My splendor is gone!  
Everything I had hoped for from the Lord is  
lost!”

**19** The thought of my suffering and  
homelessness  
is bitter beyond words.\*

**20** I will never forget this awful time,  
as I grieve over my loss.

**21** Yet I still dare to hope  
when I remember this:

**22** The faithful love of the Lord never ends!\*  
His mercies never cease.

**23** Great is his faithfulness;  
his mercies begin afresh each morning.

**24** I say to myself, “The Lord is my inheritance;  
therefore, I will hope in him!”

**25** The Lord is good to those who depend on him,  
to those who search for him.

**26** So it is good to wait quietly  
for salvation from the Lord.

**Use Feelings To Engage Your Mind vv19-20**

To name the REAL problem (self-understanding stage)

**Obey TRUTH Not Feelings vv21-23 (wisdom stage)**

**Wait on God For Results vv24-26 (Leave outcome to \_\_\_\_)**

## Viruses In History

Covid-19 is said to be the first virus in human history where the non-infected population was put in quarantine. If that's true, it has at least one unique feature.

There have been hundreds of viruses (plagues) in history. The first recorded in popular history was in Constantinople during the reign of Emperor Justinian I in 542 AD, according to historian Stephen Nichols. Justinian was sickened by it but survived. At its height it killed 5000 people a day in the city & destroyed the economy.

Of course, the Old Testament records the infectious disease of Leprosy (caused by a bacteria). It too was deadly. But only the sick were quarantined in that case. There are dozens and dozens of viruses that we battle, Smallpox, Polio, Rabies, SARs, Eboli, West Nile, HIV, etc, etc.

In the mid-1300s AD one-third of the population died of the bubonic plague (a bacteria). And, in 1527 Martin Luther, "father of the Reformation," wrote a pamphlet about dealing with the bubonic infection. *"Therefore I shall ask God mercifully to protect us. Praying for God's merciful protection of us all is a great place to start. Then I shall fumigate."* He says he will fumigate his house. He'll fumigate the yard. He'll fumigate the street. Now, I'm not sure what fumigating looked like in the sixteenth century, but whatever it was, Luther was advocating for it. [Nichols]

Luther blew smoke and we wear masks. In each case it may offer some help. We do the best we know (or guess). Like Luther we also "ask God to mercifully protect us." He went on to write, *"If God should wish to take me, He will surely find me and I have done what He has expected of me and so I am not responsible for either my own demise or the demise of others. If my neighbor needs me, I shall not avoid place or person, but will go freely."* Luther respected the disease but he also trusted God and loved his neighbor.

Thankfully, Covid-19 is far, far less deadly than what Justinian or Luther had to deal with. May God give our politicians and medical professionals wisdom and protect our kids and staff as they return to school this week.  
~ Pastor Rob

**We, like God,  
Know  
SADNESS  
too**



