

Overcoming Sadness **(May 17, 2020 by Rev. Anthony Menzel)**

Today's sermon is entitled "Overcoming Sadness."

- 1) ***We learned last week from David's example in *1 Samuel 30* that seeking the Lord right away when we are facing a trial is one important strategy for overcoming sadness...

David did not even have to wait for a night to pass to overcome depression when he lost his home by fire and his family was taken captive because he went to the Lord right away...

This approach to life is confirmed by passages like

Scripture 1: James 5:13

¹³ Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.

- 2) ***Another important strategy for overcoming sadness and trials is to open ourselves to correction.

Scripture 2: Proverbs 15:5

⁵ A fool despises his father's instruction,
But he who ^[b]receives correction is prudent.

Often the trials will end faster if we let the Lord Jesus correct us.
But we have to let Him do the work in us.
We can't do this on our own...

Scripture 3: Philippians 4:13

¹³ I can do all things through ^[f]Christ who strengthens me.

***Before we learn about a third strategy to overcome sadness and trials, it is also important for us to remember that the Lord Jesus came to bless us with joy unspeakable and full of glory, in addition to giving us eternal life...

Scripture 4: 1 Peter 1:3-9

³ Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, ⁴ to an inheritance ^[b]incorruptible and undefiled and that does not fade away, reserved in heaven for

you, ⁵ who are kept by the power of God through faith for salvation ready to be revealed in the last time.

⁶ In this you greatly rejoice, though now for a little while, if need be, you have been ^[c]grieved by various trials, ⁷ that the genuineness of your faith, *being* much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, ⁸ whom having not ^[d]seen you love. Though now you do not see *Him*, yet believing, you rejoice with joy inexpressible and full of glory, ⁹ receiving the end of your faith—the salvation of *your* souls.

Scripture 5: Luke 4:16-21

¹⁶ So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read. ¹⁷ And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

¹⁸ “The Spirit of the LORD *is* upon Me,
Because He has anointed Me
To preach the gospel to *the* poor;
He has sent Me ^[i]to heal the brokenhearted,
To proclaim liberty to *the* captives
And recovery of sight to *the* blind,
To set at liberty those who are ^[ii]oppressed;
¹⁹ To proclaim the acceptable year of the LORD.”

²⁰ Then He closed the book, and gave *it* back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. ²¹ And He began to say to them, “Today this Scripture is fulfilled in your hearing.”

In this passage, the Lord Jesus quotes from Isaiah 61. The passage continues describing the ministry of the Anointed One or Messiah or Christ of the Father. Isaiah 61 is one of the prophecies about the Messiah...

Scripture 6: Isaiah 61:1-4

“The Spirit of the Lord GOD *is* upon Me,
Because the LORD has anointed Me
To preach good tidings to the poor;
He has sent Me to ^[a]heal the brokenhearted,
To proclaim liberty to the captives,

And the opening of the prison to *those who are bound*;

² To proclaim the acceptable year of the LORD,

And the day of vengeance of our God;

To comfort all who mourn,

³ To **[b]**console those who mourn in Zion,

To give them beauty for ashes,

The oil of joy for mourning,

The garment of praise for the spirit of heaviness;

That they may be called trees of righteousness,

The planting of the LORD, that He may be glorified.”

⁴ And they shall rebuild the old ruins,

They shall raise up the former desolations,

And they shall repair the ruined cities,

The desolations of many generations.

Thus, the ministry of God the Son, the Anointed One or Christ of the Father includes replacing sadness with joy...

Having Him in our lives gives us a constant reason to praise God...

3) ***Praising and worshipping the Holy Trinity is yet another strategy for overcoming sadness.

But God inhabits the praises of His people...

Scripture 7: Psalm 22:3

But You *are* holy,

Enthroned in the praises of Israel.

Scripture 8: Psalm 16:11

You will show me the path of life;

In Your presence *is* fullness of joy;

At Your right hand *are* pleasures forevermore.

I have preached this before, but I can't preach it enough because it is so important and sometimes hard for people to implement...

The Bible gives us certain norms for prayer, which can simply be defined as communication with God...

For example, we are supposed to make our requests to the Father in the name of the Lord Jesus...

Thus, we should generally not ask the Lord Jesus or the Holy Spirit for things...

Scripture 9: John 16:22-24

²² Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you.

²³ “And in that day you will ask Me nothing. Most assuredly, I say to you, whatever you ask the Father in My name He will give you. ²⁴ Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

However, we should praise and worship all three persons of the Holy Trinity...

This practice is supported by different passages in which the Lord Jesus received praise and worship...

Scripture 10: Revelation 5:13-14

¹³ And every creature which is in heaven and on the earth and under the earth and such as are in the sea, and all that are in them, I heard saying:

“Blessing and honor and glory and power
Be to Him who sits on the throne,
And to the Lamb, forever and **[g]**ever!”

¹⁴ Then the four living creatures said, “Amen!” And the **[h]**twenty-four elders fell down and worshiped **[i]**Him who lives forever and ever.

Scripture 11: Matthew 28:8-10

⁸ So they went out quickly from the tomb with fear and great joy, and ran to bring His disciples word.

The Women Worship the Risen Lord

⁹ And **[b]**as they went to tell His disciples, behold, Jesus met them, saying, “Rejoice!” So they came and held Him by the feet and worshiped Him. ¹⁰ Then Jesus said to them, “Do not be afraid. Go *and* tell My brethren to go to Galilee, and there they will see Me.”

Thus, praise is a powerful weapon...

It does not depend on our circumstances...

It depends, as we saw in Matthew 28 on our relationship with the Lord Jesus...

As it also states in **Luke 10**...

Scripture 12: **Luke 10:17-20**

¹⁷ Then the ^[e]seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name."

¹⁸ And He said to them, "I saw Satan fall like lightning from heaven. ¹⁹ Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. ²⁰ Nevertheless do not rejoice in this, that the spirits are subject to you, but ^[f]rather rejoice because your names are written in heaven."

If we have the Lord Jesus in our lives, we always have a reason to praise God...

- 4) ***God has great plans for us, but we can eliminate a lot of disappointment and sadness in our lives by letting Him give us His dreams for us...

Scripture 13: **Jeremiah 29:11-13**

¹¹ For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. ¹² Then you will call upon Me and go and pray to Me, and I will listen to you. ¹³ And you will seek Me and find Me, when you search for Me with all your heart.

I have heard various people complain in the midst of COVID-19 and other trials...

Some of these complaints remind me of the complaints of Baruch, the servant of the prophet Jeremiah...

Scripture 14: **Jeremiah 45:1-4**

The word that Jeremiah the prophet spoke to Baruch the son of Neriah, when he had written these words in a book ^[a]at the instruction of Jeremiah,

in the fourth year of Jehoiakim the son of Josiah, king of Judah, saying, ² “Thus says the LORD, the God of Israel, to you, O Baruch: ³ ‘You said, “Woe is me now! For the LORD has added grief to my sorrow. I fainted in my sighing, and I find no rest.” ’

⁴ “Thus you shall say to him, ‘Thus says the LORD: “Behold, what I have built I will break down, and what I have planted I will pluck up, that is, this whole land. ⁵ And do you seek great things for yourself? Do not seek *them*; for behold, I will bring adversity on all flesh,” says the LORD. “But I will give your life to you as a prize in all places, wherever you go.” ’ ”

When we let Him give us His dreams for us, we may realize that His dreams for us may be more related to having success in heaven than success on earth...

Scripture 15: 1 Corinthians 15:12-19

¹² Now if Christ is preached that He has been raised from the dead, how do some among you say that there is no resurrection of the dead? ¹³ But if there is no resurrection of the dead, then Christ is not risen. ¹⁴ And if Christ is not risen, then our preaching *is* empty and your faith *is* also empty. ¹⁵ Yes, and we are found false witnesses of God, because we have testified of God that He raised up Christ, whom He did not raise up—if in fact the dead do not rise. ¹⁶ For if *the* dead do not rise, then Christ is not risen. ¹⁷ And if Christ is not risen, your faith *is* futile; you are still in your sins! ¹⁸ Then also those who have ^[c]fallen asleep in Christ have perished. ¹⁹ If in this life only we have hope in Christ, we are of all men the most pitiable.

Scripture 16: James 1:9-11

⁹ Let the lowly brother glory in his exaltation, ¹⁰ but the rich in his humiliation, because as a flower of the field he will pass away. ¹¹ For no sooner has the sun risen with a burning heat than it withers the grass; its flower falls, and its beautiful appearance perishes. So the rich man also will fade away in his pursuits.

Scripture 17: John 14:1-6

“Let not your heart be troubled; you believe in God, believe also in Me. ² In My Father’s house are many ^[a]mansions; if *it were* not so, ^[b]I would have told you. I go to prepare a place for you. ³ And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, *there* you may be also. ⁴ And where I go you know, and the way you know.”

⁵ Thomas said to Him, “Lord, we do not know where You are going, and how can we know the way?”

⁶ Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

To ensure that we have access to joy that no one can take away, as well as to eternal life, let us make our Confession of Faith...