

## NO MORE SAD

### So Long Sorrow

#### I. Sorrow manifested because of sin, Jesus redeemed you from it, and it is to have no place in your life

- A. Genesis 3:16-Sorrow was one of the first things that showed up after Adam sinned
  - 1. **Sorrow**-Grievous; pain, hurt, toil, sorrow, labor, hardship, displeased, sorry, to feel grieved, be vexed
  - 2. It's like the joy had been sucked out of life
- B. Sorrow showed up a result of sin and when Jesus got rid of sin, got rid of sorrow
  - 1. Isaiah 53:4-A big part of the work of Jesus on the cross was to bare our griefs and carry our sorrows
    - a. AMP-Surely He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains
    - b. If sorrow showed up as a result of sin and he took our sin then he took our sorrow
  - 2. John 10:10-I have come that they might have and enjoy life
    - a. Jesus wants you and I to live a life in joy
  - 3. Sorrow was part of the curse and it manifested the moment Adam sinned
    - a. Whatever Jesus has redeemed me from, I've got no business living in
    - b. Galatians 3:13-Deuteronomy 28:65-We've been redeemed from sorrow
      - 1) If Jesus wanted to in sorrow, he wouldn't have redeemed you from it

#### II. Satan endeavors to infect your life with sorrow a little bit at a time; he wants to get you practicing it and get it in your mouth so that he can cultivate it in your life

- A. This stuff doesn't start off as heavy depression; it's the everyday sorrow; it's the bad moods, the negativity, it's the overall blahness where life is concerned; you just don't feel like you're in a good mood so you just yield to sorrow
  - 1. **Ecclesiastes 2:17-26, 3:13-14**<sup>17</sup> So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind. <sup>18</sup> I hated all the things I had toiled for under the sun, because I must leave them to the one who comes after me. <sup>19</sup> And who knows whether that person will be wise or foolish? Yet they will have control over all the fruit of my toil into which I have poured my effort and skill under the sun. This too is meaningless. <sup>20</sup> So my heart began to despair over all my toilsome labor under the sun. <sup>21</sup> For a person may labor with wisdom, knowledge and skill, and then they must leave all they own to another who has not toiled for it. This too is meaningless and a great misfortune. <sup>22</sup> What do people get for all the toil and anxious striving with which they labor under the sun? <sup>23</sup> All their days their work is grief and pain; even at night their minds do not rest. This too is meaningless. <sup>24</sup> A person can do nothing better than to eat and drink and find satisfaction in their own toil. This too, I see, is from the hand of God, <sup>25</sup> for without him, who

can eat or find enjoyment? <sup>26</sup> To the person who pleases him, God gives wisdom, knowledge and happiness, but to the sinner he gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind. I know that there is nothing better for them than to be glad and to get *and* do good as long as they live; And also that every man should eat and drink and enjoy the good of all his labor—it is the gift of God

2. If the enemy can get you to practice a little sorrow daily, then it won't be long before it manifests in a battle

B. Nehe 2:2, Pr 15:13-We know people are yielding to sorrow just by looking at their faces

1. If you're yielding to sorrow you can't hide it; your face will tell on you

### III. In the Word we continually see God delivering His people from sorrow, because he doesn't want them sorrowful

A. **Psalm 116:3-4,7-8**-The sorrows of death compassed me, and the pains of hell gat hold upon me: I found trouble and sorrow. Then called I upon the name of the LORD; O LORD, I beseech thee, deliver my soul. 7 Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee. 8 For thou hast delivered my soul from death, mine eyes from tears, *and* my feet from falling.

B. **Isaiah 14:3**-And it shall come to pass in the day that the Lord shall give you rest from your sorrow and from your fear and from the hard bondage (God's people had just been delivered)

C. **Isaiah 25:8**-He will swallow up death in victory; and the Lord God will wipe away tears from off all faces

D. **Isaiah 35:10**-And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and mourning shall flee away. (Just delivered)

E. **Isaiah 51:11**-Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy *shall be* upon their head: they shall obtain gladness and joy; *and* sorrow and mourning shall flee away.

F. **Jeremiah 31:12-13**-Therefore they shall come and sing in the height of Zion, and shall flow together to the goodness of the LORD, for wheat, and for wine, and for oil, and for the young of the flock and of the herd: and their soul shall be as a watered garden; and they shall not sorrow any more at all. 13 Then shall the virgin rejoice in the dance, both young men and old together: for I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow.

G. **John 16:20**-Your sorrow shall be turned into joy

H. **Revelation 7:17**-For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of waters: and God shall wipe away all tears from their eyes.

I. **Revelation 21:4**-And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

### IV. Dangers of yielding to sorrow

A. Joy is a spiritual force that works life the same way sorrow is spiritual force that works death-2

Corinthians 7:9,10

1. Death is the power force from which all bad flows
2. Life is the power force from which all good flows
3. Yielding to sorrow puts the death force to work, but choosing joy puts life to work
4. This is more than just laughing and giggling even though joy will manifest in those ways; these are spiritual forces that we're dealing with here

B. Isaiah 13:8, Psalm 107:39-Sorrow will take hold of you if you allow it to and it takes hold of you to bring you down where they enemy can defeat you

C. 2 Corinthe 2:7-If you allow it to sorrow will swallow you up, destroying, devouring you

1. Sorrow is a destructive force

D. Yielding to sorrow drains your spirit of strength

1. **Proverbs 15:13**-By sorrow the spirit is broken
2. **Jeremiah 45:3**-You did say, Woe is me now! For the Lord has added grief to my sorrow; I fainted in my sighing, and I find no rest (I am weary with my groaning and sighing)
3. **Psalm 6:6**-I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears
4. **Jeremiah 49:24**-Damascus has become feeble; she has turned to flee, and terror and panic have seized her; anguish and sorrow have taken hold of her, like a woman in child birth

E. Job 17:7-Yielding to sorrow will dim your spiritual eye

1. Sorrow keeps your spiritual eyes from being able to see what God sees
  - a. You can't see what God sees from that place/seat of sorrow
    - 1) If you could see what God sees you wouldn't be sorrowful
    - 2) You can't receive the light and the wisdom you need-1 Samuel 30
    - 3) The more you yield to sorrow the less you can see this working out in your favor
  - b. Sorrow will work on until you are blind spiritually
    - 1) As we choose joy over sorrow our spiritual eyes begin to be opened and we begin seeing this thing the way God sees it
2. 2 Kings 6:15-His sorrow dimmed his spiritual eye and he couldn't see the truth
  - a. He's sorrowful because he's thinking we have no hope
  - b. 1 Timothy 4:13-Sorrow is for those who have no hope
    - 1) No hope means they can't see any way this is going to work out

V. Psalm 127:2-Yielding to sorrow will not increase anything good in your life

1. Psalm 39:2-One of the quickest ways to still sorrow up in your life is just sit there and listen to the enemy talk for a while and keep your mouth shut

2. Jeremiah 49:23-Evil tidings attended to will bring sorrow
  - a. KJ-Concerning Damascus. Hamath is confounded, and Arpad: for they have heard evil tidings: they are fainthearted; *there is sorrow on the sea; it cannot be quiet.*
  - b. Jeremiah 15:16-The word of God stirs joy, the word of the enemy stirs sorrow
  - c. Proverbs 23:29-It's that wrong wine that makes you sorrowful

## VI. Sorrow is never to be yielded to and it's to always be resisted

- A. Jesus is my example and when sorrow/heaviness tried to come on Him, he resisted it
  1. Psalm 13:2-David is an unborn-again man and he is not my example
  2. Matthew 26:37-44-He didn't yield to this sorrow and just say well I don't know what to do; He prayed in faith resisting it
  3. Luke 22:43-44-Why did he pray more earnestly? Because he knows if this sorrow attaches itself to Him he's finished
- B. Hebrews 12:2-Jesus knew the importance not letting the enemy steal his joy
  1. So rather than focusing on what he was going through, he started focusing on the end result
  2. He sees your face and he sees my face and sees the Father face with a big smile being pleased; he sees mankind redeemed, he sees Satan defeated in hell and the more he thinks about it the more stirred his joy gets and consequently the stronger he gets and as a result he was able to endure in such an abounding way that he disesteemed the shame
- C. \*\*\*Joy is a key issue in every spiritual war and if you don't win the on the battle where joy is concerned you cannot win the war; Satan targets your joy

## VII. Other Good stuff

- A. Ecclesiastes 4:1-Tears of sorrow are for those who have no comforter
  1. **Ecclesiastes 4:1**-So I returned, and considered all the oppressions that are done under the sun: and behold the tears of *such as were* oppressed, and they had no comforter; and on the side of their oppressors *there was power; but they had no comforter.*
  2. 2 Corinthians 1:2-4, John 14:6-I have a comforter and he comforts me
  3. Are you preaching against crying? I'm preaching against yielding to sorrow
- B. Some people think if they cry long enough God will feel sorry for them and do it (They're favorite verse is Jesus wept) – Jesus would rather laugh with you over your victory than cry with you over your defeat
  1. Psalm 126:5-Sow in tears, not sow tears; reap in joy, not reap joy but reap whatever they sowed in joy
  2. Malachi 2:13-You've cried a lot, but you haven't been obedient
- C. Jeremiah 31:16-Stop crying everything is going to be alright
- D. Leviticus 26:14-16, Isaiah 50:11, 29:2, 5:30, 65:14, Psalm 16:4-Sorrow of heart is always a manifestation that the person with the sorrow is not running with God