

SO LONG SORROW

The Purpose Of Sorrow

"Learning how to break free from sorrow and enter into the joy of the Lord"

- I. Sorrow breaks the spirit-Pr15:13-A MERRY (glad, joyful) heart makes a CHEERFUL (glad, joyful) COUNTENANCE (face): but by SORROW (sadness) **OF THE HEART** the spirit is BROKEN (smitten-strike, crushed, crushing by beating, wounded)**
- A. Your face is the gage of your joy-When's the last time you smiled/laughed
 - B. Sorrow that's entered the heart breaks the spirit-It's got to get in you and it gets in you when you let it rest down upon you
 - C. Man is spirit, soul and body, and each part can be broken and certain things break each part-Bad diet, lack of exercise breaks the body with sickness and disease; Feeding on the wrong thoughts breaks the soul through with anxiety, depression; Sorrow breaks the spirit
 - D. Sorrows affects the inner man-Pr12:25-Heaveiness (sorrow) **IN THE HEART** (inner man) of man maketh it stoop (sink lower); Ps119:28-My soul (heart) melteth (W1828-Sink into weakness, waste away) for heaviness (sorrow)
 - E. It is deadly-Eats away at your spirit like a cancer, leaving you a weak, spiritless, faithless, defeated being-**2Co7:10-Sorrow of the world worketh death**
 - 1. Affects you physically-Medical science says it weakens immune system, increases blood pressure, aches, fatigue-**Pr17:22-A MERRY HEART** does good like a medicine but a **BROKEN SPIRIT** (**GW-Depression, MS-Gloom**) drieth the bones
 - F. If your spirit is broken you don't stand a chance in adversity-A strong spirit helps you overcome trouble-**Pr18:14-KJ-The spirit of a man will sustain his infirmity; but a WOUNDED (Broken Pr15:13) spirit who can bear; AC-The strong spirit of a man sustains him in bodily pain or TROUBLE, but a weak and broken spirit who can raise up or bear? MS-A healthy spirit conquers adversity, but WHAT CAN YOU DO WHEN THE SPIRIT IS CRUSHED?**
- II. Satan has a bigger purpose for sorrow than to just make you sad-He wants to break you down inside to the place where you can't function spiritually, where you are of no use to God and cannot conquer in times of adversity**
- A. We operate out of our spirits-Everything we do is from the inside out; We believe, speak, choose, fight, persevere, resist from the inside out-**Pr4:23-NIV-Above all else, guard your heart, for EVERYTHING YOU DO FLOWS FROM IT; Mt12:35-A good man OUT OF THE GOOD TREASURE OF THE HEART BRINGETH FORTH good things: and an evil man out of the evil treasure BRINGETH FORTH evil things**
 - B. We can't function as believers with a broken spirit
- III. We need to be on guard against sorrow and refuse to let it get IN US-Pr4:23-Keep thy heart with all diligence for out of it flow the issues of life**
- A. Feeling sad is not the problem-The problem is letting sorrow get in you, take hold of you, overtake you-**Jn16:6-Sorrow hath filled your heart; Ps69:20-I am full of heaviness; Ex15:14-Sorrow shall take hold on the inhabitants of Palestina**
 - B. Don't practice sorrow-It's easy to walk around sad/low; Satan will give you a million reasons to but all the while sorrow is working it's way in
 - C. Be on guard and if you feel low choose to brighten up, rejoice, be glad and stop sorrow in its tracks-It's not being fake it's being smart-**Ps9:1-I will praise thee, O Lord, with my whole heart...² I will be glad and rejoice in thee. I will sing praise to thy name, O thou most High; Jn14:27-Let not your heart be troubled**
 - D. If someone is walking in the joy of the Lord it's because they chose to