

IronWorks: **8 THINGS** Every Man Can Give

February 19 & 24, 2010

“Comfort” Teacher: Roger Thompson

“Yet man is born to trouble as surely as sparks fly upward.” Job 5:7

Contexts for comfort: TROUBLE! (John 16:33)

- Loss (disappointment/unemployment/death)
- Injustice (unfairness/persecution/fraud/slander/betrayal)
- Failure (missed opportunity/regrets/sin)
- Abandonment (divorce/broken promises)
- Fear (economic stress/discouragement/depression/worry)

COMFORT: BRING IT!

① Listen to the story: (Romans 12:10)

Story opens the door to emotions.

② Receive the person: (2 Corinthians 1:3-5)

Perception is reality!

Don't try to “cheer them up.”

“Like one who takes away a garment on a cold day, or like vinegar poured on soda, is one who sings songs to a heavy heart.” Proverbs 25:20

③ Validate the facts: (Romans 5:3-5)

These things are true.

④ Offer yourself, not advice: (1 Peter 5:7)

- Women fear being left alone.
- Men fear being shamed.

Your presence lends strength and gives hope.

Small Group Discussion Questions

- ① At a time in your life when you needed comfort, what really helped?
- ② Are you in need of comfort today? Tell your story briefly.
- ③ Who is someone in your life to whom you can give comfort?
- ④ Pray for those who are in trouble or suffering.