

THE WALL

Part 2: The Wailing Wall (Moving Past Sorrow)

THE WALLS OF SORROW

- ❖ **Sorrow: Sadness, grief, heaviness**
- ❖ **Common reasons**
 - ◆ Loss - is a range from losing your keys to losing a loved one
 - ◆ A difficult/painful situation- physical and emotional pain
 - ◆ Hopelessness - not expecting things to get better
- ❖ **God's plan is that sorrow does not have to overwhelm us**
 - ◆ With God there is always an element of hope
 - ◆ God's best for us is joy and peace not sorrow and unrest (*Romans 15:13 NKJ*)

A MAN WALLED IN BY SORROW (*Genesis 37:31-36 NLT*)

- ❖ **Jacob's response created a wall**
 - ◆ He slammed the door on any kind of hope
- ❖ **Jacob's refusal made the wall stronger**
 - ◆ He refused to be comforted
 - ◆ To mourn is totally human but comfort is also part of the process
- ❖ **Jacob's choice established the wall of sorrow in his life**
 - ◆ "I will go to the grave mourning" was his call

MOVING PAST THE WAILING WALL OF SORROW IN YOUR LIFE

- ❖ **Keep the door to hope open**
 - ◆ The worst case is not always the case
 - ◆ Engage in some possibility thinking
- ❖ **Receive comfort when it comes**
 - ◆ God was, is and will be the God of comfort (*2 Corinthians 1:3-4 NIV*)
- ❖ **Exercise your right to choose**
 - ◆ Choose what you want to think about (*Proverbs 12:25 KJV*)
 - ◆ Chose what you talk about
- ❖ **Intentionally develop your gratitude muscle**
 - ◆ Thanking God for what you do have
 - ◆ Thanking God for His salvation, His mercy, His help (*Psalms 69:29-30 NKJV*)