

God our Comfort

Jeffrey Allen

Living Word Fellowship Church

In the life of a Christian there are troubles, pain, and grief. In this, our human nature yearns for relief and comfort when we experience these suffering seeking for hope and some type of sustainability through the darkness hours on life. Within this, the word of God is our guide on how God is our comfort and strength in the times of suffering.

Our anchor of comfort is the character and work of the Trinity. God the Father is attentive to your every loss, and he loves and cares for you. Jesus Christ, the Son of God, is the compassionate and understanding Savior who experienced grief in every way imaginable. And the Holy Spirit is the heaven-sent comforter who brings you into the body of Christ and skillfully applies the words of Scripture to your heart for the sake of inner healing.

Hebrews 6:19 states- This hope we have as an anchor of the soul, a hope both sure and steadfast and one which enters within the veil.

The Anchor keeps us from drifting about aimlessly through the Christian life especially in the times of suffering.

Elijah's Grief- 1 Kings 19: 1-15

A. He Secluded himself verse 4

1. **Elijah went into the wilderness.** In grief many times the despair leads us to wanting to be alone away from those that loves us, cares for us. Our family, friends, community. This is where Elijah was. His fear and grief man handled him to run where he thought he wouldn't be found.
2. **Wanted to die-** (This mighty man of prayer – mighty enough to make the rain and the dew stop for three and a half years, and then mighty enough to make it start again at his prayer – now he prayed that he might die. Enduring word Commentary. Elijah's grief was so unbearable he asks God to take him now. Maybe with him knowing Jezebel wanting to kill him it would be better to trust God would take him peacefully into the night. At this point Elijah could trust God to allow him to die but this is also the God who can deliver him.
3. **It is enough-** At this point Elijah is ready to give up. Sometimes life gets to a point where the work and toil doesn't become the finished product we hoped for and now, we are at a point of despair and loss. Elijah here was physically, mentally, and spiritually tired.

B. He receives Comfort verse 5

1. **He lay down**- juniper tree or broom tree is mentioned in the Bible as something that provided shelter and sustenance on occasion. The so-called tree grows to around 6 to 8 feet tall and can provide enough shade to shelter someone from the scorching desert heat. During the Israelites' time in the desert with Moses, they camped at a place known for broom trees. Rithmah, one location where the Israelites made camp, was named after the broom tree, since *Rithmah* means "the place of the broom" ([Numbers 33:18–19](#)). Apparently, broom trees were plentiful in the area, and the location served as a suitable camp for the children of Israel. *The broom tree as fuel*. Having roots and branches that burn hot, the broom tree was a source of fuel and high-quality charcoal during biblical times" The thick root of the broom tree was good fuel for fire, and in dire circumstances it could also be eaten. [Job](#) speaks of men who, in extreme conditions, resorted to eating broom tree roots: "Haggard from want and hunger, they roamed the parched land in desolate wastelands at night. In the brush they gathered salt herbs, and their food was the root of the broom bush" ([Job 30:3–4](#)). A broom tree's roots are bitter and unappetizing but can provide some nourishment to a starving person. - "gotquestions.org"
2. What do we go in the times of grief and anguish. Are we like Elijah here? Do we flee to ourselves to lay down under something that can only provide enough shade so we can't feel the heat but only provides temporary relief.
3. The angel- God sends a messenger and his message "Arise eat" then there was "bread cake baked on hot stones, and a jar of water"
4. 40 days- So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.
5. God sent the messenger to minister to him, God gave him rest and replenishment, God provided what he needed.
6. After God ministered to him, he told him to go to Mount Horeb.

C. He Laments- verses 9-10

1. On the journey Elijah stops and goes into a cave. God asked him "What are you doing here, Elijah"
2. Elijah gave him heart of grief to the Lord and the Lord allowed him to "Lament"
3. What is Lament- a passionate expression of grief or sorrow. A passionate expression of grief, sorrow, or mourning, often in the form of a prayer or song. It's a way to express pain, frustration, or regret to God, acknowledging suffering and seeking His comfort and intervention. Biblical lament is not just about expressing negative emotions, but also about turning to God in faith and hope for resolution.

4. Elijah protested to God, “I have faithfully served You and now look at the danger I am in.” To Elijah – and many servants of God since – it seemed unfair that a faithful servant of God should be made to suffer.

D. He encounters God verse 11-12

1. God knew what the depressed and discouraged Elijah needed. He needed a personal encounter with God. There was nothing fundamentally wrong with Elijah’s theology, but at the time there was something lacking in his experience.
2. Sometimes as believes we can know all the Theology and Bible verses but what we need is the experience the God of the Bible himself.
3. God was not found in the elaborate things that were going on all around him but in the voice that came to him.
4. The voice was calm and gentle.

E. He hears God’s Command- verse 15- 21

1. What are you doing here? – This can be helpful for us to ask ourselves sometimes when we run to our own places of comfort instead of the Lord. We ask should asks ourselves what are you doing here?
2. Go and return- God gave Elijah something to do. He needed to stop looking at himself and his own (admittedly difficult) circumstances. He needed to get on with what God wanted him to do. God would send him back to from which he was running away from but now he had this encounter of the Lord. Now Elijah in his distress had been comforted by the Lord.
3. Elijah needed a friend who was the “The Lord”. Elijah needed comfort who was the “The Lord” Elijah needed Hope who was “The Lord”
4. The Lord is our friend, our comfort, and he is our hope.
5. The Lord also gave him Elisha and to anoint Hazael King over Aram.

Following Notes taken from Tauges- Anchoring Comfort in Trinitarian Care Outline

THE HEAVENLY FATHER CARES

God bends down, turns his head, and listens to your cries for help (Ps. 116:2).

- **Your Father listens to you-** Psalm 116:1-2
- **Your Father is near-** Psalm 34:18;
- **Your Father knows your needs.** Matthew 6:8 ;1 Corinthians 8:6;
- **Your Father delights in you.** Luke 11:11-13 2 Corinthians 12:7 John 15:1-2

Key Truth: The heavenly Father cares for you, knows your needs, and wants you to talk to Him about what makes you sad or anxious.

JESUS EMPATHIZES WITH YOUR PAIN

John 11:35

- **Jesus is not ashamed of you or your sadness-** John 11:32-36 1 Timothy 2:5
- **Jesus got angry at death-** Jesus was 'deeply moved in spirit and was troubled' (John 11:33). This phrase exposes his inner agitation. When Jesus observed Mary weeping with grief, He groaned in His spirit and became angry. In his classic essay, *The Emotional Life of Our Lord*, first published in 1912, theologian B. B. Warfield writes, What John tells us, in point of fact, is that Jesus approached the grave of Lazarus, in a state, not of uncontrollable grief, but of irrepressible anger. He did respond ... with quiet, sympathetic tears: "Jesus wept" (verse 36). But the emotion which tore his breast and clamored for utterance was just rage

.1 B. B. Warfield, *The Emotional Life of Our Lord* (New York: Ravenio Books, 2013), Kindle.

By 'just rage,' Warfield did not mean only rage. Jesus's rage was righteous, intense, and perfectly appropriate. It was just. Warfield explains that this 'inwardly restrained fury produced a profound agitation of his whole being, one of the manifestations of which was tears.' Hebrews 2:14-15

- **Jesus knows the feelings of abandonment and rejection.** Psalm 22:1 Hebrews 4:15 Isaiah 53:3 1 Peter 2:22-23 Key Truth: Jesus's response to the pain of loss instructs you to consider the goodness of sadness and to entrust your hurts to your faithful heavenly Father.

THE HOLY SPIRIT COMFORTS AND PRAYS FOR YOU

- **The Spirit comforts you through the Word of God-** John 14:16; John 14:26
- The Spirit prays for you because He knows your weakness.** Romans 8:26-27 Romans 8:22-23 Ephesians 3:16
- **The Spirit prays for you because you have limited knowledge-** Romans 8:26
- **The Spirit prays for you because He always knows God's will-** Romans 8:27 1 Corinthians 2:11, 13 2 Peter 1:21

R. C. Sproul exhorts us: Professing Christians often ask God to bless or sanction their sin. They are even capable of telling their friends they have prayed about a certain matter and God has given them peace, despite what they prayed for was contrary to His will. Such prayers are thinly veiled acts of blasphemy, and we add insult to God when we dare to announce that his Spirit has sanctioned our sin by giving us peace in our souls. Such a peace is a carnal peace and has nothing to do with the peace that passes understanding, the peace that the Spirit is pleased to grant to those who love God and love his law.² Key Truth: The Holy Spirit prays for you when you groan under the weight of the burden of loss. 2R. C. Sproul, *The Invisible Hand* (Phillipsburg, NJ: P&R, 2003), 209.