52 Days of Building a Second Wall with the Word and Wisdom

**Comfort Cry Out**

Day 28 - June 10, 2013

We are starting our fifth week of building a second wall with the Word and Wisdom. We pray that you are sitting with the Lord and His Word every day, letting His messages go deep into your hearts. This week we need to **read and study Psalm 119:73-104**, and our **memory verse is Psalm 119:76.**

**Psalm 119:76-77** “O may Your lovingkindness **comfort** me, according to Your word to Your servant. May Your **compassion** come to me that I may live, for Your law is my delight.”

**Comfort, Comfort, Comfort.** This word keeps coming up in our studies, and the Lord wants to spend another day to give us wisdom on this concept.

**When we in this modern age think of comfort, we think of all the things that make our life easier and more enjoyable**; a soft warm bed, a roaring fire on a cold and rainy day, luxurious transportation, a big house full of luxurious furnishings, enough money in the bank to feel secure, knowing we can pay for anything we need or desire; comfort food (tastes great, but isn’t good for you), a relaxing vacation where you do nothing but rest and be waited on, self-medicating with addictions to keep anxiety under control...

**When we are comfortable, we have a sense of well-being. But this “comfort” is always temporary, because we are the ones producing it.**

**The “comfort” the Lord is talking about is much different**; and it meets a much deeper need, one deep down in our soul. The comfort we can offer ourselves only satisfies our flesh, and only for a short time.

**1 Peter 1:24** “For all flesh is like grass, and all its glory like the flower of grass. The grass withers, and the flower falls off,”

Our flesh cannot produce long term comfort. The only long term thing our flesh produces is sin. If left to itself, our flesh will sin every time.

**Romans 7:14** “…but I am of flesh, sold into bondage to sin.”

**Romans 7:18** “For I know nothing good dwells in me, that is, in my flesh…”

**Romans 8:6** “For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.”

**Lamentations 1:8-9, 16** “**Jerusalem sinned greatly**, therefore she has become an unclean thing…She did not consider her future. Therefore she has fallen astonishingly; **She has no comforter**. See, O LORD, my affliction, For the enemy has magnified himself! … For these things I weep; my eyes run down with water; because **far from me is a comforter, one who restores my soul**. My children are desolate because the enemy has prevailed."

**When we sin, our comfort is gone and we fall into distress.** **Our flesh convinces us that there will be comfort in sin.** Someone says something critical to us, and our flesh says, “Let them have it. You will feel so much better once you set them straight. Send the full force of your anger against them.” Instead of finding comfort in the defense of ourselves, we are in greater distress. Distress is extreme anxiety, sorrow and pain. We must stop believing the lies of the enemy, our flesh.

**What does the comfort of God look like?**

The Hebrew word for **comfort** is ***nacham***. It means to console; to extend compassion; to breathe intensely because of deep emotion and empathy (ability to understand the pain of another).

Webster’s defines comfort as **relief from pain or distress**.The word signifies **new** **strength, or renewed life**. It is consolation and **strong support** through distress**,** difficulty, danger, or infirmity.

**When we sin, God sighs with a deep breath, and says to Jesus, “We must comfort My children.** They have strayed from Me because of their desires and sins. They have strayed away because of the pain of their forefathers who were wounded, and because of the pain of their own wounds. They have sought their own comfort in their flesh, and have found none.”

Remember when we studied Luke 2 and saw that Simeon was looking for the consolation of the Messiah, someone who would bring restoration and salvation to all mankind. Remember when we studied Hosea 2 and saw God luring Gomer into the wilderness, away from the temptations of her flesh, to bring her salvation and restoration.

**Isaiah 51:3 “**For The Lord will **comfort** Zion, He will comfort all her waste places; He will make her **wilderness like Eden, And her desert like the garden of the Lord;** Joy and gladness will be found in it, Thanksgiving and the voice of melody.”

God will bring us to a safe place of His love, the garden of His presence. This is a place of growth as we study His Word; a place of peace and joy as we worship Him; and a place of healing as He binds and heals our wounds. He will send the Comforter to us, the Holy Spirit.

**Acts 9:31** “So the church throughout all Judea and Galilee and Samaria enjoyed peace, being built up; and going on in the fear of the Lord and in the **comfort of the Holy Spirit,** it continued to increase.”

**Philippians 2:1-2** “Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose.”

When we are in the comforting presence of God, we receive **encouragement** from Jesus Christ, we receive **love** from our Heavenly Father, and we receive **fellowship** from the Holy Spirit. **The affection and compassion (comfort) we receive from Them makes us full of joy as we are united in love.** **Now we can follow and walk out the desires of His heart for our lives.**

**Psalm 119:76-77** “O may Your lovingkindness comfort me, according to Your word to Your servant. May Your compassion come to me that I may live, for Your law is my delight.”

Pure and lasting **comfort only comes from the lovingkindness of the Lord** (His steadfast love). His word is full of this promise, and only His comfort is a comfort to us! Out of the comfort we have received, out of the lovingkindness we have received, God desires us to reach out and comfort others. The times we are living in are getting darker and darker, people are in deep sin; seeking comfort, but finding none. Will we receive the comfort of the Lord and in turn, comfort others?

**2 Corinthians 1:3-4** “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, **who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.**”

**Isaiah 40:1** "Comfort, O comfort My people, says your God.”

When we see pain and distress in the lives of those around us, we need to speak comfort, peace and life into their lives. When we do, we are preparing the way for the Lord to come into their hearts and bring His perfect comfort to them. We are knocking down the high places of the enemy in their lives, smoothing out the rugged terrain of their wounded hearts. Then His glory can be seen. We must prepare the Way!

**Isaiah 40:3-5** “A voice is calling, ‘Clear the way for the LORD in the wilderness; Make smooth in the desert a highway for our God. Let every valley be lifted up, And every mountain and hill be made low; And let the rough ground become a plain, And the rugged terrain a broad valley; then the glory of the LORD will be revealed, And all flesh will see it together; for the mouth of the LORD has spoken.’"

**We leave you with this prayer:**

Now may our Lord Jesus Christ Himself and God our Father, who has loved us and given us eternal comfort and good hope by grace, comfort and strengthen your hearts in every good work and word. (2 Thessalonians 2:16-17)

**DIGGING DEEPER:**

**Please read Psalm 103**. **List the comforts** (benefits) the Lord gives to those He loves.