**Healing The Wounded Spirit Of Sorrow**

**Proverbs 15:13 A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.**

**Unfortunately, in everyone’s life there are going to be moments of tragedy and grief. There are going to be times when you and your loves ones will suffer with physical illness. Everyone you know and love will die at some time. Sometimes the trials in life seem to come like waves hitting you one after another. In the book of Job the common phrase in the first chapter is “while he was still speaking.” Job was hit with tragedy one after another. First he lost all his wealth, then he lost all his children, eventually he lost his own health with a terrible illness. When the tragedies of life hit us we all have to fight the sorrow that can pull you down into the quick sand of discouragement and depression. If you find yourself fighting a wounded spirit caused by the trials and tragedies in your life, there is a way out of the broken spirit of sorrow.**

**1 Thessalonians 4:13 But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope.**

**Hope is the way to pull yourself out of the chains and quick sand of sorrow. At the heart of hope is faith and trust in God. Hope looks by faith to the future and the promises of God. God has promised Christians a time in our existence when there will be no more tears, no more pain, no more sorrow, and no more death.**

**Romans 8:18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.**

**Through the eyes of faith we can see in the future the glory that will be revealed in us when we rise from the dead to receive the spiritual body. Those who die in Christ will end up with Christ forever in Heaven. This is the whole heart and core of our faith as Christians. We walk by faith and live by faith now with the living hope of the resurrection and eternal life with God. It is this living hope that we must cling to like a life raft in the storms of life. It is hope that will pull us out of the depths of despair and discouragement when we struggle with sorrow in this life.**

**WBF**