PEACE IN SORROW

Sorrow:
deep distress, sadness, or regret especially for the loss of someone or something loved. mental pain or grief... This passion contracts the heart, sinks the spirit, and injures the health.

For godly sorrow worketh repentance unto salvation, a repentance which bringeth no regret: but the sorrow of the world worketh death. 2 Corinthians 7:10

* **“The Lord is near to the brokenhearted and saves the crushed in spirit.” Psalm 34:18**
* **My flesh and my heart faileth: but God is the strength of my heart, and my portion forever.” Psalm 73:26**
* **“Blessed are they that mourn: for they shall be comforted.” Matthew 5:4**

Blessing’s My Beloved,

As I think upon all that is going on in this world. I think of the immense sorrow that plaques this world and our nation. I know that Prophecy must fulfill itself. Ephesians 4:10. So we know that sorrow will not be leaving anytime soon. We as Christians must make sure that we are securely girded with the armor of God. The word of God instructs us to be strong in the Lord and in the power of his mighty. This can only be accomplished if we stay steadfast in His word. Even in our sorrow we must fight with all our strength and have the power to put on God’s Full Armor of protection.

Sorrow for me is a weighted heaviness that very few can carry, however, if you are breathing you will or have already experienced Sorrow in some form or another. Be it from the sting of a bee to the sting of death of a loved one, Sorrow shows up in all forms and its effects can be brutal on the heart, mind, and soul. It can show up so often that people tend to give up on themselves feeling great dread and grief. To top it off some experience a deal of GUILT, that is unwarranted.

The feeling of sorrow is like an ocean wave. The depth is never the same and its waters slowly goes out then comes back comes right back at you like a flood that dissipates, and it is back again only to have to start regrouping all over again.

Sorrow is so weighted, and you feel like someone has their knee on your neck and all you can do is grasp for slightest bit of breath. Sorrow is so heavy that it cannot be measured on any scale. Especially in these last days and with Covid, there has been a rise in suicides and death because people are feeling lost and hopeless. They feel as though their burdens are just too heavy too heavy to carry.

Being melancholy means that you’re overcome in sorrow, wrapped up in sorrowful thoughts. Like given a baby a bath they depend on someone bigger to lift them out. Well, my someone is bigger is God, Almighty and I pray that you will learn of Him that he may see you through.

Love, Shari “LOVE”

**11**Put on the full armor of God, so that you can take your stand against the devil’s schemes. **12**For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **13**Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. **14**Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, **15**and with your feet fitted with the readiness that comes from the gospel of peace. **16**In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **17**Take the helmet of salvation and the sword of the Spirit, which is the word of God.

**18**And pray in the Spirit on all occasions with all kinds of prayers and requests. Be alert and always keep on praying for all the Lord’s people.