

COMFORT

(παρακλήσεως)

A calling to one's side, an exhortation, or consolation. The alleviation of grief.

There is a requirement for all pastors to comfort people in need. Isaiah 50:4 says, ***“The Sovereign Lord has given me His words of wisdom, so that I know how to comfort the weary.”*** Comfort is very powerful, it has the ability to restore our body, quiet our mind, and renew our soul. No matter who you are, at some time you will cry out for comfort and value it greatly when it arrives. If we weren't in need of comfort, why would Jesus have asked the Father to send us a Comforter? ***“And I will ask the Father, and He will give you another Comforter, that He may remain with you forever”*** (John 14:16).

Comfort equips us with inner strength to enjoy both the difficult and joyous seasons of life. Comfort is also a means of refreshment. Do you know that there are 11 million sense neurons that carry 'comfort messages' to the brain, and according to recent research they:

- create positive and physiological change
- decrease stress hormones and trigger “feel good” hormones
- slow breathing and lower heart rate
- reduce anxiety and increase resilience
- increase immune function and help the body heal
- reduce pain

The power of comfort can change your life! But you will need to stop looking for comfort in all the wrong places. Stop trying to find comfort in a change of circumstances. True comfort comes from God alone – He is called ***“the God of all comfort”*** (2 Corinthians 1:3). Why Him? Because the same verse tells us that God is also “the Father of mercies.” The term "father" implies 'source', so He is the source of all kinds of goodness and mercy. Comfort is just one of His many mercies. As the God of all comfort, there is no limitation to the comfort He provides.

In John 14:1 the Lord Jesus says, ***“Let not your heart be troubled; believe in God, believe also in Me.”*** For many, today may be a day of sadness, a day of grief, a day of mourning, yet even in the midst of this we can be comforted and find peace. Why? Because we have faith. We believe that even in the midst of our trials and anxieties there can be found “a peace that surpasses all understanding” – due to God being with us always. He is here; He is present. Believe in Him, trust in Him, and the God of ALL comfort will grant you His perfect peace.

Robert Louis Stevenson tells of a storm that caught a vessel off a rocky coast and threatened to drive it and its passengers to destruction. In the midst of the terror, one daring man went to the deck. Making a dangerous passage to the pilothouse he saw the steersman at his post holding the wheel unwaveringly. The pilot saw the watcher and smiled. Then, the daring passenger went below and gave out a note of cheer: "I have seen the face of the pilot, and he smiled. All is well." Jesus is the Pilot of your life – **all is well!**