

Isaiah 40:1-5

¹Comfort, comfort my people, says your God.
²Speak tenderly to Jerusalem,
 and cry to her
that her warfare is ended,
 that her iniquity is pardoned,
that she has received from the LORD's hand
 double for all her sins.

³A voice cries:
"In the wilderness prepare the way of the LORD;
 make straight in the desert a highway for our
God.

⁴Every valley shall be lifted up,
 and every mountain and hill be made low;
the uneven ground shall become level,
 and the rough places a plain.

⁵And the glory of the LORD shall be revealed,
 and all flesh shall see it together,
for the mouth of the LORD has spoken."

A NEW COMFORT How to stop comfort-eating! Isaiah 40:1-5

COMFORT 1

The Lord's forgiveness (v1-2)

COMFORT 2

The Lord's coming (v3-5)



Discussion questions

? what struck you most in this talk/
passage? What's the main thing you're
going to take away?

? is comfort-eating / drinking an issue at all
for you? At what times do you find yourself
drawn to it?

? what do you make of the idea of finding
'a new comfort' in God?

? how much comfort do you get from the
Lord's forgiveness and coming?

QUESTION 1: 'What is yr only comfort in life and in death?'

*ANSWER: 'That I am not my own, but belong – body and soul, in life and in death – to my faithful Saviour Jesus Christ. He has fully paid for all my sins with his precious blood, and has set me free from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven: in fact all things must work together for my salvation. Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him'.
(Heidelberg Catechism)*