

Isaiah 40:1-5

¹ Comfort, comfort my people, says your God.

² Speak 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.

³ A voice cries:

"In the wilderness prepare the way of the LORD;

make straight in the desert a highway for our

God.

⁴ Every 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.

⁵ And 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)*