

Blessed – Blessed Are Those Who Mourn

Matthew 5:4

Introduction:

Over the next few weeks, we will be walking through some of the Beatitudes. It is beneficial to listen to the sermon before discussing it with your Life Group but is not necessary. The hope is that the questions and guidance contained within this discussion guide provides enough help for you to have a greater understanding of the material, as well as be challenged to live faithfully in Christ Jesus. Today's passage is Matthew 5:4 but it might be helpful to read the entire Beatitudes before discussing the following questions. If you are utilizing The Moody Bible Commentary for this passage, you can find the content on page 1461. - JF

Questions:

What are the things that you find yourself currently mourning (*these can be spiritual, physical, emotional, or relational*)? Given your temperament, what is the best way for people to comfort you? In what way(s) have people sought to comfort you but have fallen short or even been hurtful?

Read Matthew 5:4. What is Jesus saying in this Beatitude? What does it mean to mourn sin? When you look at the world, what sin do you see that is prevalent and needs to be confessed and repented of? Why is the world not confessing and repenting of their sin? What is our role, or do we have a role, as Christians to confront, confess, and mourn the sin that is present in our world? How is this Beatitude calling us to confront and/or turn to face our sin, rather than run away from it? What benefit is there in confronting our sin with the Spirit's help?

What does it mean that those who mourn will be comforted? In what way(s) do we now see Christ comforting those who mourn their sin? How have you witnessed people mourning their sin? What is lament (i.e., how is lament different than expressing a complaint)? In what way(s) might the language of lament be important in understanding the mourning of sin?

Consider your own grief over sin. When was the last time you sat with God to confess your sin and mourn over walking your own path? Have you expressed grief over sin by using actions such as silence & solitude, writing a letter of confession, or confessing with a trusted friend or pastor? If you have, what was the benefit of doing such an act? If not, what will it take for you to try such an act to learn from it?

Is there anything from Pastor Patrick's sermon that you would like to discuss further? Is there anything you would like to discuss that is connected to this verse that you have encountered in your personal study?

Conclusion:

As a group, take time to reflect on your own sin. Spend a few moments in silence, or with light music playing in the background, and ask God to reveal to you where you have sinned recently. Then ask God to forgive you as Christ has paid the penalty. Spend a few minutes praising Jesus for His love and forgiveness. If you are in need of helpful words to pray as you confess and mourn your sins, consider this prayer of confession from the Book of Common Prayer.

(There is nothing special about the following words. Our brothers and sisters in Christ from another denomination use these words but they are not needed. They are presented here only as a guide and help if you would like to use them.) –

We have erred and strayed from Your ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against Your holy laws. We have left undone those things which we ought to have done, and we have done those things which we ought not to have done; and apart from Your grace, there is no health in us. O Lord, have mercy upon us. Spare all those who confess their faults. Restore all those who are penitent, according to Your promises declared to all people in Christ Jesus our Lord.