

Comfort for the Contrite

Matthew 5:4

1. What do we mourn?

- a. We mourn our own sin.
- b. We mourn the sins of others.

2. How do we mourn?

- a. We mourn by contrition.
- b. We mourn by confession.

3. What is our comfort?

- a. It is forgiveness of sin.
- b. It is the assurance of salvation.

4. How are we comforted?

- a. We are comforted by His Word.
- b. We are comforted by His people.

For Personal Reflection or Discussion:

- Do you experience sorrow for your sins? What does this look like?
- What is the difference between being sorry for the consequences of sin and being sorry *for* our sin?
- Could you describe contrition to a friend? Is contrition a regular part of your life? What does it look like for you?
- To what do you turn for comfort? What would change for you if you found comfort in forgiveness?
- Do you receive comfort from the Word? Do you comfort others *from* the Word?



**BE DIFFERENT
LIVE DIFFERENT**

Matthew 5-7



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Comfort for the Contrite

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“Blessed are those who mourn,
for they shall be comforted.”

What do we mourn?

Matthew 5:4

“Blessed are **those who mourn**,
for they shall be comforted.”

Luke 6:21

Blessed are you **who weep now**,
for you shall laugh.

Matthew 4:17

From that time Jesus began to preach
and say, "Repent, for the kingdom
of heaven is at hand."

What do we mourn?

We mourn our own sin.

In His meditations upon the Law,
Jesus will help us to see our sin
so we may learn to mourn,
so we may find comfort from God.

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“Blessed are those who mourn [***their sin***],
for they shall be comforted.”

Luke 6:21

Blessed are you who weep now
[***because of your sin***], for you shall laugh.

James 4:8-9

Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Be miserable and mourn and weep; let your laughter be turned into mourning, and your joy to gloom.

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Those who know God mourn
their sin because they know
that sin drives them from the
presence of God.

Genesis 3:24

So He drove the man out...

James 4:8-9

Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Be miserable and mourn and weep; let your laughter be turned into mourning, and your joy to gloom.

***Do your sins cause you
to mourn?***

What do we mourn?

We mourn our own sin.

We mourn the sins of others.

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for they shall be comforted.”

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[***because of sin***], for you shall laugh.

Jeremiah 8:21-22

For the brokenness of the daughter of my people I am broken; I mourn, dismay has taken hold of me. Is there no balm in Gilead? Is there no physician there?

Psalm 119:136

My eyes shed streams of water,
Because they do not keep Your law.

Luke 19:41

And when *Jesus* approached [Jerusalem],
He saw the city and wept over it.

Caution!

1 Timothy 1:15

“It is a trustworthy statement deserving full acceptance that Christ Jesus came into the world to save sinners, among whom I am the foremost.”

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“It is a trustworthy statement deserving full acceptance that Christ Jesus came into the world to save sinners, among whom I **AM** the foremost.”

Do you see yourself as the worst sinner?

The poor in spirit look up from their own spiritual depravity to see the sins of others and weep.

How do you react to the sins of others?

How do we mourn?

We mourn by contrition.

Matthew 4:17

From that time Jesus began to preach and say, "**Repent**, for the kingdom of heaven is at hand."

Repentance and contrition are twins; they always come together.

Isaiah 57:15

For thus says the high and exalted One
Who lives forever, whose name is Holy,
“I dwell on a high and holy place, And also
with the contrite and lowly of spirit
In order to revive the spirit of the lowly
And to revive the heart of the contrite.”

Contrition is the soul of a sinner sorrowing over its sin.

2 Corinthians 7:10

For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation; but the sorrow of the world produces death.

How do we mourn?

We mourn by contrition.

We mourn by confession.

Confession is the outward
expression of contrition.

Psalm 32:5

I acknowledged my sin to You,
And my iniquity I did not hide; I said, "I will
confess my transgressions to the LORD";
And You forgave the guilt of my sin.

Jeremiah 3:12-13

Go, and proclaim these words toward the north and say, "Return, faithless Israel," declares the LORD; "I will not look upon you in anger. For I am gracious," declares the LORD; "I will not be angry forever. Only acknowledge your iniquity, that you have transgressed against the LORD your God and have scattered your favors to the strangers under every green tree, and you have not obeyed My voice," declares the LORD.

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Confession is sincere verbal
acknowledgement of sin and
guilt without qualification.

Are you a confessor?

What is our comfort?

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for **you shall laugh.**

What is our comfort?

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1 John 1:9

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Jesus mourned your sin all
the way to the cross!

What is our comfort?

It is forgiveness of sin.

It is assurance of salvation.

Matthew 5:4

“Blessed are those who mourn,
for **they shall be** comforted.”

*This is a promise that assures us
of a guaranteed hope.*

Psalm 34:18

The LORD is near to the brokenhearted,
And saves those who are crushed in spirit.

*Our hope is fully found in the
presence of God.*

Isaiah 57:15

For thus says the high and exalted One
Who lives forever, whose name is Holy,
“I dwell on a high and holy place, And also
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Revelation 21:4

...and He shall wipe away every tear from their eyes; and there shall no longer be any death; there shall no longer be any mourning, or crying, or pain.

But it is our natural inclination
to seek comfort from almost
anything but grace.

What comforts you?

How are we comforted?

We are comforted by God's Word.

Psalm 119:28

My soul weeps because of grief;
Strengthen me according to Your word.

Psalm 119:50

This is my comfort in my affliction,
That Your word has revived me.

Psalm 119:76

O may Your lovingkindness comfort me,
According to Your word to Your servant.

Isaiah 50:4

The Lord GOD has given Me the tongue of
disciples, That I may know how to sustain
the weary one with a word.

*Jesus knows how to sustain you
in your grief with His word.*

How are we comforted?

We are comforted by God's Word.

We are comforted by God's people.

2 Corinthians 1:3-4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

1 Thessalonians 4:18

Therefore comfort one another
with these words.

*God wants His people whom
He has comforted through
the gospel to share that
comfort with the lost and
with each other.*

True comfort is the gift
given to all who mourn.

Are you a mourner?