

“Those Who Mourn”

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

1. What is the blessing promised to those who mourn?
 - a. Take a minute to review the 7 blessings promised in the Beatitudes (v 3–10).
 - b. Review how these compare to the way we typically think of “blessing.”
2. When we mourn, we are grieving something or someone that we have lost.
 - a. Read Psalm 51.
 - i. What words or phrases indicate to you that David was mourning?
 - ii. What had David lost (cf. v 11–12)?
 - b. Read James 4:8–9
 - i. What from these verses or the context help understand what is being mourned?
 - ii. How does the first sentence of verse 8 indicate what is lost due to sin?
3. Discuss the various ways that people express grief. How do you express your grief?
 - a. What comparisons can you make to the way we should express grief over sin?
 - b. Do you mourn your sin in these ways? How do you mourn your sin?
4. God’s people will also mourn the sins of others.
 - a. Read Jeremiah 8:18–22.
 - i. What is Jeremiah mourning?
 - ii. What is his desire for his people (cf. esp. v 22)?
 - b. Read Psalm 119:134–136.
 - i. Who is oppressing the psalmist?
 - ii. For whom does he shed tears? Why?
 - c. Read 1 Timothy 1:15.
 - i. For whom did Jesus come? What does this mean for those who do not see themselves as sinners?
 - ii. Paul uses the present tense (“I **am**”). What does this say about how he viewed himself in comparison to everyone else? Is this how you view yourself?
 - iii. How would this attitude change the way you see other sinners? How will this help you to mourn for them?
5. It is those who mourn that are promised comfort.

- a. How does this compare to how our culture thinks about comfort?
 - b. How have cultural ideas influenced both the idea of mourning over sin and what it means to be comforted?
6. Since it is sin and its impact upon our relationship with God that we mourn, the comfort we receive must be related to these things.
- a. Psalm 32 is David's response to Psalm 51. Read Psalm 32.
 - i. What is a primary theme of this Psalm (cf. v 1-2, 5, 10)?
 - ii. What emotions result from forgiveness (cf. v 11)?
 - b. Read Psalm 34:18.
 - i. What does it mean to be "crushed in spirit"? How does this relate to Matthew 5:3-4?
 - ii. What promise does God give in this verse?
7. Read the following passages to help understand how God ministers His comfort to His people:
- a. Psalm 119:28, 50, 76.
 - i. How does verse 28 compare with Matt. 5:4? What is the source of comfort?
 - ii. What revives the afflicted I verse 50?
 - iii. Can you give examples of how the word teaches you about God's lovingkindness? Why does this give sinners comfort?
 - b. 2 Corinthians 1:3-4.
 - i. Where does comfort come from according to verse 3?
 - ii. What does God expect us to do with the comfort we receive?
 - iii. In what ways have ALL forgiven sinners received comfort from God? How does this help us to comfort others.
 - c. 1 Thessalonians 4:18.
 - i. What does Paul expect believers will use to comfort others?
 - ii. Why is comfort from God's word the only sure comfort?
 - iii. Is this the kind of comfort you seek when you're hurting? Is this the kind of comfort you give to others who are hurting?

**Would you describe yourself as a "mourner" in the sense of Matthew 5:4?
If not, what do you think needs to change?**