

“Blessed Are Those Who Mourn”

Matthew 5: 4

The Beatitudes

¹ Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them, saying:

³ “Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

⁴ Blessed are those who mourn,
for they will be comforted.

⁵ Blessed are the meek,
for they will inherit the earth.

⁶ Blessed are those who hunger and thirst
for righteousness,
for they will be filled.

⁷ Blessed are the merciful,
for they will be shown mercy.

⁸ Blessed are the pure in heart,
for they will see God.

⁹ Blessed are the peacemakers,
for they will be called sons of God.

¹⁰ Blessed are those who are persecuted
because of righteousness,
for theirs is the kingdom of heaven.

¹¹ “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Matthew 5: 1-12 (NIV)

Matthew 5:4

Questions for personal or small group study and reflection:

1. What does this beatitude say to us about the heart of God? What is it that the Lord would like us to know about Him?
2. How do we justify or avoid mourning over the sins in our lives? Why do we do so? Why is it so difficult for us to admit that we are sinners in need of God's grace and forgiveness?
3. What would godly mourning over our sins look like? Do we practice this? How does genuine grieving over sin help us?
4. How has God comforted you when you mourned and grieved over your own sins? How does that look like for us now (1Jn. 1:9), and how would that look like in the future (Rev.21:3-4)?
5. Who is the Holy Spirit referred to as in John 14-16? How have you personally experienced His comfort for you?