



## **Week 2 – Happy are those who Mourn**

**Series Passage:** Matthew 5:1-12

**Focus for the Week:** Matthew 5:4, Psalm 42

### **Discussion Guide:**

Happiness is often perceived as a porcelain doll; that only the slightest bump and our happiness will crack and break. In the Beatitudes, Jesus teaches us differently. The beatitudes show us how robust happiness can be. As you read Matthew 5:3-12, replace the word “blessed” with “happy” and reflect on what challenges you face in your day-to-day life that try to break your happiness.

**Read:** Matthew 5:3-12

The beatitudes are filled with counter-cultural statements about how we are to attain happiness, with the most confusing being Matthew 5:4, “Happy are those who mourn, for they will be comforted.” Mourning is something that we avoid discussing in our culture. Yet mourning is something that we will all experience at some point in our lives.

Q: Mourning is a universal experience, but we shy away from discussing it. Why do you think that is?

Q: When you hear of someone mourning, what do you picture they look like?

Q: What cultural practices do we have to display our mourning?

Q: What causes you to mourn?

Q: What is our response when we are mourning and when others around us are mourning?

Consider this quote from C.S. Lewis, “God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain. It is His megaphone to rouse a deaf world.”

Q: How does this statement resonate with you?

Q: Have you experienced a “shout” from God in your pain?

### **Finishing Well:**

We have an enduring promise built into this beatitude – that those who mourn will be comforted. Through the grace of God, we are not left to sink into despair. On the contrary, we have happiness through mourning because it is through mourning that we will come to know the comfort of God.

In the book of John, we have this encouragement from Jesus, “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” (John 16:33 NIV)

As a group, take time to pray and reflect through Psalm 42.

### **Close in Prayer**