

“Happy are the Sad”
Matthew 5:4

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

1. What is this morning about?
2. Why is mourning important?
3. How can we learn to mourn well?

Discussion Questions

- How did you and your family work through loss or grief growing up? For example, when someone died or a painful event occurred, how was that talked about? How do you think that shaped the way you work through loss or grief today?
- Read through the Beatitudes again- Matthew 5:1-14. As you read them slowly and thoughtfully, linger on the 2nd one- “Blessed are those who mourn, for they will be comforted.” What thoughts or emotions come up inside you as you reflect on this pronouncement of Jesus?
- Why do you think our culture is so uncomfortable with sadness and grief? Think about our general reluctance to be around people who are sad or in mourning. What does that tell us about ourselves?
- Read Romans 12:15 and 2 Corinthians 1:3-8. Why is it so important that we allow ourselves to experience our losses and pains fully? How do you see Paul doing that here? What do you learn from his example?
- Read 1 Thessalonians 4:13. How does our hope (here read that word as confident expectation) change the way we grieve? Spend some time reflecting on the kind of hope we have because of Jesus’ death and resurrection. Where have you experienced comfort from Jesus and/or others?
- Ask God to show you how you can more fully enter into the reality of your own or others’ pain or sadness when that is called for. As you do that, reflect on 2 Corinthians 1:3-8 again.

Bible Reading

Sunday, April 10	Matthew 15; Matthew 16
Monday, April 11	Matthew 17; Matthew 18
Tuesday, April 12	Matthew 19; Matthew 20
Wednesday, April 13	Matthew 21; Matthew 22
Thursday, April 14	Matthew 23; Matthew 24
Friday, April 15	Matthew 25; Matthew 26
Saturday, April 16	Matthew 27; Matthew 28