



The Beatitudes

Discussion Guide – Blessed are the Those Who Mourn

Main Idea

This week, Pastor Chris taught on the second of the eight Beatitudes: “Blessed are those who mourn, for they will be comforted” (Matthew 5:4 NIV). The world doesn’t deal with pain in a healthy way, but instead tries to cope with busyness, hobbies, and medication. It doesn’t make sense to the world that someone experiencing deep pain would also be blessed, but we can find joy, even in difficult times, because when we mourn, we experience comfort through the presence of God. If we walk through mourning focused on God how He is continuing to move in our lives, we can have deep comfort and peace in the midst of our pain.

Make It Practical

- Rely on God and godly friends when you are going through a painful time.
- Remind yourself of God’s past faithfulness and future promises.
- Repurpose your pain as God gives you opportunities to comfort others in their mourning.

“He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.”

2 Corinthians 1:10 ESV

Talk About It

1. Which misconception of pain do you feel like you struggle with the most (pain means something is wrong, God never gives you more than you can handle, or bad things shouldn’t happen to good people)? How have you processed these times of pain before?
2. Have you ever had a painful season that caused your to rely on God and others? Describe that time in your life.
3. What are some reminders of God’s faithfulness or future promises that you could give to someone in a season of mourning?
4. Have you ever had an opportunity to repurpose a painful season that you experienced? How did it help someone else?

**“Only asking WHY GOD, can prevent us from seeing
WHAT GOD is wanting to do in us”**

Prayer

Jesus, I trust You with the seasons of mourning in my life. Even though I go through mourning seasons, I believe that You will be my comfort. Help me to rely on You and those you have placed around me. Remind me of Your goodness and show me how to repurpose my pain. In Jesus' Name, Amen.

Leader Tips

Share your own experience/s of being comforted by God. How did that season reshape you and teach you about God's comfort? Your vulnerability will encourage your group members to open up as well.

Scriptures Used

Matthew 5:4, Psalm 130:1-2, Psalm 56:8, Psalm 30:8-10, Isaiah 57:1,

John 11:21-35, 2 Corinthians 1:3-11