

Main Street Church - Life Group Guide

Series: **UPSIDE DOWN** – *The Beatitudes* – Matthew 5:1-12

Message: **Part 2 –How God Blesses a Broken Heart**

October 27, 2019. Speaker: Shawn Vandop – Lead Pastor.



Connect (20min) – share refreshments.

[If you have a larger group break into smaller groups of 3-4 people, or men/women]

***ICEBREAKERS:**

- a. Share **1 Highlight from the month of October** and **1 Thing you are looking forward to in November**.
- b. What is **1 more Fact that We Don't Know About You Yet...**?

Sunday Message Discussion (35-40min)

1. Invite one person read the Beatitudes in [Matthew 5:1-12](#) and open in Prayer:

> We will read *The Beatitudes* each week during this series. We challenge you to memorize this passage.

Option - Choose a different reader and English translation/paraphrase each week. (NLT, ESV, NIV, NKJV, Message, TPT...)

2. Blessed & Mourning

If you heard someone say, "I'm blessed," but didn't know any other information, what would you assume they had recently experienced?

3. Read [Matthew 5:4](#) – God blesses those who turn to Him in the midst of their pain.

NOTE: Addressing pain, grief and mourning is a very personal thing. There are different kinds of pain and reasons for pain. One pitfall to be aware of is comparing our pain and suffering.

***Let's be considerate, compassionate and open in how we listen, share and discuss this with one another.**

a. What kind of *mourning/grief* is Jesus speaking of?

b. Considering the connection with last week's Beatitude...

What is the relationship between "mourning" and being "poor in spirit"?

c. What might be some things *not to do or say* when encountering a hurting/grieving person?

This can be somewhat subjective and complex...but discuss it as a group.

d. How do you tend to handle pain? *Physical, Mental, Relational, Spiritual...*

e. How do you prefer to be comforted when you are in pain? Discuss.

4. Responding to Pain & Grief -- Read [Isaiah 61:1-3](#)

a. In some cultures, people put on sackcloth and ashes as a sign of mourning. Some cultures even hire 'professional/paid mourners' to help with the grieving process.

*What are some signs or methods of mourning for us in our Canadian culture, or in your culture of origin?

b. Experiences with pain and grief often lead us to pursue and embrace "coping mechanisms" -- we may turn towards self-medication, isolation, denial, anger, making purchases, replacing our losses, blaming, or humour.

- What are some "coping mechanisms" that you are aware of (in general, or in your own life journey)?

- How have they affected your situation in the midst of mourning?

5. Godly Sorrow vs Worldly Sorrow -- Read [2 Corinthians 7:9-11](#)

- a. What do you think is the difference between godly sorrow and worldly sorrow? Discuss.
- What are some things that Jesus grieved about while He walked the earth?
 - What are some things that He would want us to grieve/mourn about in this life?
(sin, evil, sickness, injustice, the lost, death...)
- b. Can you think of a time when you turned to God in the midst of your pain?
How did you experience His life-giving comfort?

6. Engaging God in the Midst of Pain & Grief.

Share the Reading of [Psalm 34:18](#); [John 11:32-37](#); [John 14:26-27](#); [John 16:33](#); [Romans 12:15](#)

- a. Describe a time when you turned to God in the midst of your pain?
- b. How did you experience God's life-giving comfort? *What does it feel like or look like?*
How did God's comfort come to you? Share a *brief* example with the group...

7. As we learned on Sunday, we can turn to God through *Prayer, Proclaiming God's Promises, Asking Others to come alongside us and help us, and Pouring Out Ourselves into who or what God cares about most.*

*Considering those options -- How do you need to turn to God in the midst of your pain?

8. Shawn said, "*The source of God's comfort is God's spirit in us.*"

If you are a follower of Jesus, the Holy Spirit already resides in you and comforts your soul in the midst of your pain. Why do you think another name for the Holy Spirit is "**Comforter**?" Discuss.

John 14:26 – "*But when the Father sends the Advocate (advocate is another word for comforter) as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.*"

- a. Do you think that God wants to hear about our problems? How can we *cry out for help*?
- b. Read [2 Corinthians 1:3-4](#) – Under what circumstances are we called upon to be agents of God's comfort to those who mourn? How can we comfort others effectively?

Application (10min)

***Consider:**

When you turn to God in the midst of your pain, you will experience God's blessings in the depths of your soul. You will experience God's comfort, His joy and happiness, even in your deepest pain. In your mourning, may you say, "It is well with my soul." How can we practically decide to experience the goodness of God in the hardships and pain of life, and support others who are hurting? Share and pray for one another.

*Memorize [Matthew 5:4](#) this week. "***Blessed are those who mourn, for they will be comforted.***" – Jesus.

*Memorize ***The Beatitudes*** over this series -- [Matthew 5:3-10](#)

Prayer (20min)

*Read [Revelation 21:1-5](#) & **PRAY for One Another:** Stay together as a large group, or break into smaller groups.

**What is one area of pain, suffering or grief that we can pray about for you today?*

*Pray for One Another...for Healing, Hope, Peace, Comfort, Sustaining Grace & Strength...

Resources to Consider

- *Scripture: <http://www.openbible.info/topics/grief>.
<https://www.biblestudytools.com/topical-verses/bible-verses-for-overcoming-grief/>
- *Grief Ministry: <https://www.griefshare.org>. <http://hope4mentalhealth.com/watch/media/series/2516/hope-for-grief>
- *Books: https://www.christianbook.com/page/personal-growth/grief?search=grief&search_term=grief
- *The Bible Project – Lamentations: <https://www.youtube.com/watch?v=p8GDFPdaQZQ>
- **When The Tears Fall* – Song by Tim Hughes. https://www.youtube.com/watch?v=ZWUimGv_xrU
- *LUMO Gospel of Matthew 5 (on YouTube): <https://www.youtube.com/watch?v=QINSbvO8WIU>
- **The Applause of Heaven*, by Max Lucado (based on the Beatitudes)

Announcements

*Our NEXT LIFE GROUP MEETING: DATE / TIME / LOCATION. SNACK DUTY: _____.

>> Plan a week to share **Communion** together as a Life Group each month.

Upcoming UPSIDEDOWN Series Schedule:

November 3 – **When You're Persecuted** (Matthew 5:10-12). *This is also our Mission Sunday.*

> *Special Guests Kevin and Julia Garrett. Kevin spend almost two years in a Chinese prison for a crime he did not commit. Come here his story of how God strengthened his faith through persecution.*

November 10 – **Stay Hungry** (Matthew 5:6)

November 17 – **The Strength of Gentleness** (Matthew 5:5)

November 24 – **The Ministry of Mercy** (Matthew 5:7)

December 1 – **When No Ones Looking** (Matthew 5:8). *This is also our next Baptism Sunday.*

December 8– **How to Reconcile Relationships** (Matthew 5:9)

Christmas HOPE Campaign 2019

The Special Offering for our annual *Christmas Hope Campaign* is coming up on **Sun. November 3rd**.

We raised over \$100,000 last year and our goal is once again -- \$100,000. Stay tuned for more information.

*Hamper Referral Forms available online: <https://mainstreetchurch.ca/christmas-hope> *Delivery Day is Sat. December 14th.

Main Street Men - MAN Breakfast

Sat. November 16. 8am. Main Street Conference Hall/Café. Speaker: TBA. Tickets - \$5 – available in November.

Main Street Women's Brunch

Sat. November 23. 10am. Main Street Conference Hall/Café.

We invite you to "*A Place at the Table*", a women's brunch on November 23rd at 10am in the Conference Hall.

Our guest speaker is [Eunice Mitchell](#) from The Table Gathering. Tickets are \$5 and available in November until the 17th.

Empower Retreat

November 29-30. Friday 5:30pm-9pm / Saturday 9am-6:30pm. At Main Street Church.

The *Empower Retreat* is a two-day (Friday-Saturday) retreat where we get to explore the gifts of the Holy Spirit and how they can be used powerfully in our lives and the church! **Set Free Retreat is a pre-requisite.*

\$40 – Includes refreshments, lunch & dinner on Sat. & your Empower Booklet. *More Details & Registration will available soon.*