Blessed are those who mourn

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January 7, 2024

"Don't waste your grief. In a culture that loves good vibes, it's tempting to repress or retreat from our sadnesses. But there's blessing for those who mourn with the Lord."

As the new year begins, Lewis Roderick we hear Jesus' promised blessing to those who mourn. Whether we're entering the year in grief or even should God lead us into it in 2024, the King will never leave his people.

For personal reflection/community discussion

Read – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these verses in 10 words or less)

Examine – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

Apply - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- How are you feeling about the beginning of year?
- In sadness, which of the two temptations that Lewis spoke of resonated most with you; repressing it by stuffing it down, or retreating from it through distraction? How does this verse offer us a better way?
- How familiar are you with the idea of godly mourning? Have you ever had cause to turn to Psalms 130 or 6 and pray them as your own words? If so, what was your experience? If not, why do you think this may be?
- The future comfort of the Lord: Laughter, Song and a Seat at Christ's table. What delights you most from these images?
- This future glory was purchased at a price. Give yourself time to rejoice in what's ahead and praise Jesus for what he has done for us.