

June 21, 2026

From Mourning to Comfort

Matthew 5:4

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

We mourn for:

_____ **and pain.** *John 11:35*

_____. *Romans 7:18-19, 24 (NLT)*

_____. *Luke 19:41-42 (NIV)*

_____. – *Romans 8:22 (NIV)*

James 1:20

When we mourn we are open for _____ *. Matthew 5:4*

God comforts us in our losses by His _____ **and** _____.

1 Thessalonians 4:13 Psalm 16:11 Romans 12:15

God comforts us in our sin by His _____ **and our** _____.

Romans 7:24-25

God comforts us in our cultural sin and suffering by His _____.

Romans 14:10-12

When we mourn we are motivated to _____ *. James 2:15-17 (NIV)*

ADMIT

BELIEVE

CHOOSE

Reflection and Discussion

1. What do you think Jesus means by “blessed are those who mourn”? How is this different from the way our culture usually thinks about happiness and blessing?
2. Why do you think many people struggle to admit grief, weakness, or emotional pain? How can that resistance keep us from healing?
3. What are some “counterfeit comforts” people turn to instead of bringing their grief to God? Which of these are most tempting in our culture today?
4. The sermon says mourning should include being “saddened by the things that sadden God.” What are some things in your life, church, community, or world that should move us to godly grief?
5. Why is anger alone not enough to respond to brokenness? How does mourning prepare our hearts for faithful action in ways that anger cannot?
6. James 2:15–17 shows that true faith leads to action. What is one concrete step you can take this week in response to what God is calling you to grieve and address?