

**Paradox** - a seemingly absurd or self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true.

We are in a series looking at the Sermon on the Mount in Matthew chapters 5-7, and specifically the first 12 verses of Matthew 5, the Beatitudes.

This week – *“Blessed are those who mourn, for they will be comforted”* (**Matthew 5:4**). We can take comfort in mourning by remembering three things:

- 1) God cares about our suffering.
- 2) God changes us through the things we mourn.
- 3) God uses our mourning as a blessing to others.

We mourn when things are not as they should be. We long for God to renew all things. (**Romans 8:18-23**)

## **1. GOD CARES ABOUT OUR SUFFERING.**

**Psalms 34:18 (NASB 2020)** <sup>18</sup>The Lord is near to the brokenhearted and saves those who are crushed in spirit.

- It’s easy to wonder if God sees us in times of mourning. God is close to the broken-hearted.
- We must come before God in humility in order for Him to rescue us.

**1 Peter 5:6-7 (NASB 2020)** <sup>6</sup>Therefore humble yourselves under the mighty hand of God, so that He may exalt you at the proper time, <sup>7</sup>having cast all your anxiety on Him, because He cares about you.

- Jesus cared most about people’s spiritual state, but that didn’t stop Him from ministering to people’s physical needs as well. (**Matthew 9:35-36**)

## **2. GOD CHANGES US THROUGH THE THINGS WE MOURN.**

- We should mourn sin when we understand how God sees it, and what it cost Him to redeem us.
- We should mourn OUR SIN. (**James 4:7-10**)
- A question we should ask ourselves, “Do we excuse our sin too easily?”
- When we mourn our sin, it should lead to repentance. (**2 Corinthians 7:10**)
- We are comforted when we realize Jesus forgives our sin. (**1 John 1:9**)
- There is a tension between living forgiven and yet taking to heart our battle with sin. We should mourn our sinfulness, which leads to thankfulness to God. (**Romans 7:18-25**)

We should also mourn **OTHER PEOPLE’S SIN**.

- Our natural tendency is to treat other people’s sin as worse than our own. Do you?
- When we do this, it causes us to judge people’s sin, condemning them, rather than mourning their sin, understanding that they are broken like us.
- **John 8:3-11** records a story of a woman caught in adultery. The people in this story saw the woman’s sin as worse than their own. They judged her sin, instead of mourning the fact that she was a sinner in need of a Savior.

**Our HOPE is in Jesus!**

- The devil wants to use mourning for our destruction. He wants us to believe the lies that there is no hope and that there can be no joy.
- We grieve, but not like those who have no hope. (**1 Thessalonians 4:13-14**)

- That doesn't mean that we don't experience the same pain that unbelievers feel in our mourning. We just have hope, both in this life and for the life to come.

**We don't only mourn sin, sometimes we mourn due to circumstances.**

**John 16:33 (NASB 2020)** <sup>33</sup>These things I have spoken to you so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”

- There are things to mourn that may not be our fault, or sometimes anyone's fault (i.e. loss of a loved one, broken relationships, financial troubles, illness).
- We must rely on God, recognizing He provides everything we need. (**Matthew 6:31-34**)
- When we go through difficult things it can cause us to turn toward God. We seldom go to God when things are easy. Oftentimes when things are going well, we become proud, believing that we are the cause of our blessings.
- When a proud unbeliever humbled himself before God, God not only healed his physical need, but his spiritual need as well. (**2 Kings 5:1-19**)

### **3. GOD USES OUR MOURNING AS A BLESSING TO OTHERS.**

- There is often little we can do about the circumstances we find people in when they are mourning. But we can comfort others by being there for them. (**Romans 12:15**)
- This takes the Holy Spirit in us to do it well, as we must put other people's needs before our own desires.
- There is a special comfort that comes from knowing someone else has gone through what we are going through. (**2 Corinthians 1:3-4**)
- We live in a broken world where there is much to mourn. We aren't supposed to carry that alone. Not the mourning for sin and not the mourning due to circumstances. (**Galatians 6:1-3**)

#### **Application**

- Do you mourn your sin?
- Do you know someone who needs you to walk alongside them in their mourning?
- Do you need to allow someone to walk alongside you in your mourning?

#### **FOR SMALL GROUP DISCUSSION:**

**Opening Question:** What is your favorite comfort food?

**Main Point:** The world experiences hopelessness in their mourning over sin and death. Jesus takes our hopelessness and flips on its head because as Christ-followers we are grieved over our sin but not ruled by it. Jesus wants His followers to understand that those who experience mourning or despair or affliction are not hopeless. We look to Jesus who comforts those who mourn.

**Main Scripture:** **Matthew 5:4**

#### **Head Questions**

- What would you say is the difference between how the world mourns over sin and death versus how a Christ-follower mourns over those things?
- How have you found comfort in God? (**2 Corinthians 1:3-7**)

#### **Heart Questions**

- True joy in Christ is not possible if we haven't mourned over our sin. Why is this? (Romans 7:18-25)
- Is it difficult for you to move past your own sin, even when you know that God has already forgiven you? Why do you think that is?

#### **Hands Questions**

- What does mourning look like for you?
- What comforts you when you are grieved by something?
- Take some time this week to consider: What sin in your life do you need to mourn over?

**Additional Scripture:** **Revelation 21:4, James 4:7-10**