

*Blessed are those
who mourn,*



For they shall be comforted

Matthew 5

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Introduction

Most of life today is spent avoiding sorrow and pain. Even when we get bad news, some people will say something funny to lighten the mood.

The mantra of our day is “Blessed are those who laugh their way through life.”

“Even in laughter the heart may ache, and joy may end in grief.” (Proverbs 14:13 NIV)

Blessed

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Introduction

The statement, “blessed are those who mourn”, is rather paradoxical. Jesus is saying, “Happy are those who are unhappy,” or “There’s gladness in sadness.”

Everything the world offers is designed to promote happiness, yet, the Lord says blessed, that is, those who are privileged recipients of God’s divine favor, are those who mourn.

Jesus uses the strongest expression of the word “mourn”. It means to grieve or wail. It’s a deep sorrow that causes the soul to ache and the heart to break.

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Understanding Mourning further

Mourning is soul-wrenching. Mourning is more than just feeling sad. It's a deep, soul-wrenching sorrow that comes from loss. It's the kind of grief that can leave you feeling empty and alone.

But it's also a very human experience. We all experience loss in some form or another.

These losses can leave us in a state of bewilderment.

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Different reasons why we mourn

1. We Mourn our Losses

All of us have experienced the pain of loss.

- We experience the loss of our health, job, career, etc
- We experience the loss of a relationship, like a divorce,.
- We experience the loss of loved one sometime unexpectedly.

King David in his sorrow said--“I am worn out from sobbing.
All night I flood my bed with weeping, drenching it with my
tears.” (Psalm 6:6)

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Different reasons why we mourn

Mourning is okay. Even Jesus wept at Lazarus's tomb.

Maybe you didn't know but God cares so much for your sorrow that He collects your tears, Psalm 56:8.

❖ Jesus cares and will comfort us in your time of mourning and grief. He understands and knows what we go through.

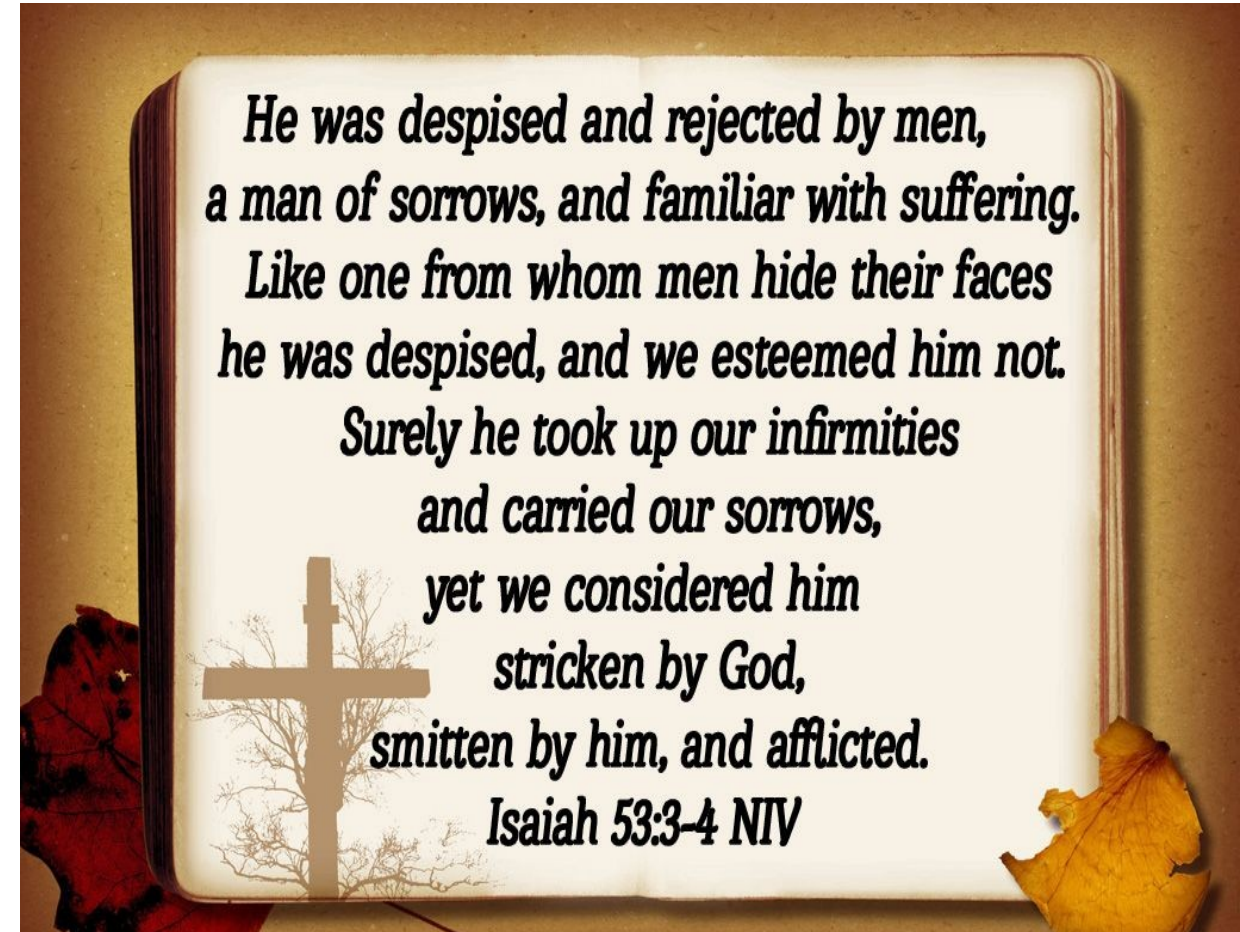
Hebrews 4:15 tells us that He sympathizes with us because He went through the same things.

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He Understands and Identifies

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Different reasons why we mourn

2. We Mourn our Sinfulness

The Apostle Paul knew such grief over his sinful condition.

“Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?” (Romans 7:24)

In the Apostle James’ letter he said,

“Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy.” (James 4:9 NLT)

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Different reasons why we mourn

2. We Mourn our Sinfulness

In Jesus' parable of the Prodigal Son, the youngest son felt sorrow over his failures and sin and where it had gotten him in life, and it says that he came to himself, that is, he repented and returned to his father, not as his son, but as a servant, showing true sorrow.

And so, we need to mourn over our sinful condition and move to make it right with God our Father.

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Different reasons why we mourn

3. We Mourn the Condition of Others

We also mourn the state of the church, humanity and our world.

The Apostle Paul demonstrated this for us in what he said to the elders of Ephesus.

“Therefore, watch and remember that for three years I did not cease to warn everyone night and day with tears.” (Acts 20:31 NKJV)

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Different reasons why we mourn

3. We Mourn the Condition of Others

When two Salvation Army officers felt helpless in that nothing was working to reach and save the poor, William Booth, founder of the Salvation Army, gave them this advice, “Try tears.” When they did a mini revival broke out.

It’s time we wake up and try tears and weep over the condition of this world, and when we do, we’ll be the privileged recipients of God’s divine favor, that is, we’ll be blessed.

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Different reasons why we mourn

3. We Mourn the Condition of Others

The Bible never tries to explain suffering, only that it's a part of living life in the sin-filled world. It does teach us how to handle suffering.

Jesus said, "In the world you will have tribulation; but be of good cheer, I have overcome the world." (John 16:33)

He comforts us saying that in Him we can have peace because He overcame this present world, and the curse of sin and death that comes with it.

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It is important to understand that

Jesus says that mourning and grief are the realities of life, but also there's a blessing that is attached to them, and that is His comfort.

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How Can We Experience His Comfort?

1. Realize God is With Us

7x the Bible says that God will never leave or forsake us. That's one for every day of the week. But when we're hurting, we tend to forget this thinking God is distant from our suffering, therefore He doesn't care. But God cares and is there.

“The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.” (Psalm 34:18 NLT)

And so, in our pain there are three things we need to remember....

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How Can We Experience His Comfort?

A. God is Aware

God is aware of exactly what we're going through. Job who was well acquainted with suffering and grief said, "You keep close watch on all my paths by putting marks on the soles of my feet." (Job 13:27 NIV)

God is watching over us. Nothing escapes His eye. Every tear we shed, and every hair on our head He's bottled and numbered. God knows what you're going through.

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How Can We Experience His Comfort?

B. God Cares

We have a heavenly Father who cares. Our pain matters to God and so we can talk with Him about our hurts and sorrows.

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How Can We Experience His Comfort?

C. God Helps

“Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” (Heb. 4:16)

The Old English word for “comfort” means “with strength.” When we mourn, God wants to strengthen us. God gives us the strength to face these times of grieving and mourning.

While some grow in their sufferings, the unfortunate reality is that there are many who get stuck in it.

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What to do with my hurt or when mourning?

1. Release the Hurt

We need to let the hurt go, but for most of us that's a lot easier said than done. How can we release the hurt? It's by focusing on what's left instead of what's lost.

Isaiah said, "Do not remember the former things, nor consider the things of old." (Isaiah 43:18)

God says it's okay to let go of your past. And that's because He's with us, and the only way the past can hurt us is if we let it.

There are several things we can do with our past

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What to do with my hurt or when mourning?

1. Release the Hurt

A. Repress It

We can push the hurt down and swallow it, but we do so at the sake of our health.

Blessed

B. Rehearse It

This is when we go over time and again, where it begins to consume our thoughts. But the Lord says to take all our thoughts captive to the obedience of Christ, 2 Corin 10:5.

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What to do with my hurt or when mourning?

1. Release the Hurt

C. Resent It

When someone hurts us, we fantasize on how we can hurt them back. But we mustn't, because resentment only hurts us, not the person we're resenting.

Resentment eats us alive.

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What to do with my hurt or when mourning?

1. Release the Hurt

D. Release It

“Do not take revenge, my friends, but leave room for God's wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord.” (Romans 12:19)

Give it to God and leave it with Him, He's a whole lot better at handling the wrongs than we are. What we also must remember is that Jesus died for those who hurt us and did wrong by us as well as for us, so we must trust God in these matters.

Our healing will never come at the expense of someone else's pain. And the final way we receive God's comfort is...

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What to do with my hurt or when mourning?

It's amazing at what people do to get a little comfort from the stress and hurts of life. They take pills, get drunk, try affairs, escape into entertainment and various forms of recreation.

But the Apostle Paul says,

"Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort."

(2 Cor. 1:3)

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God comforts us in various ways

A. God's Word

“Your Word has been my comfort.” (Ps. 119:52 LB)

There's a whole lot of hurt that comes with life, and to receive Gods' comfort during these times we need to daily be in God's word, the Bible, to receive it.

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God comforts us in various ways

B. God's People

We need each other. We're not made to go it alone. That's why God gives to us our church family. After telling us that God is the God of all comfort and wants to comfort us, the Apostle Paul goes on to say,

"He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." (2 Corinthians 1:4 NLT)

God comforts us and brings us through our hurts so we can so the same for others.

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God comforts us in various ways

C. The Holy Spirit

When Jesus was about ready to depart, He said He would send another comforter like Himself.

“Nevertheless, I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you.” (John 16:7 NKJV)

Knowing this brings a lot of comfort and joy.

Romans 15:13, “May the God of hope fill you with all joy ... that by the power of the Holy Spirit, your life and outlook may be radiant with hope.”

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God comforts us in various ways

C. The Holy Spirit

That's what we need, a radiant hope in a world that makes life seem hopeless, and this is what the Holy Spirit provides.

As believers in Jesus Christ, we no longer have to grieve and sorrow as those who have no hope, 1 Thess. 4:13, and that we can be like Abraham who beyond all hope in hope believe, Romans 4:18.

And so, Jesus says, "Blessed are those who mourn, for they shall be comforted." (Matthew 5:4)

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And So What?

- 1) Mourning is a part of life (The human experience)
- 2) We should mourn our Loss, sinfulness and the conditions of others

When we do mourn, we should realize

- 3) God is with us, He cares and He can help. Therefore we should release our pain unto Him

Our options are limited:

Repress it

Rehearse it

Resent it

But God wants us to Release it to Him.

And So What?

When we do, He will comfort us through:

- 1) His Word
- 2) His People
- 3) His Spirit.