

### **Week 3: Those Who Mourn**

*Jesus is not describing eight different persons but is describing eight different qualities of the same person.*

– Darrell Johnson

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

**Theme:** Those who discover God during lament find the source of true comfort.

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#### **INTRODUCTION:**

**Icebreaker:** What is one of the saddest books you have read or movies you have watched? Why was it so sad?

**Opening Prayer:** Have a member of the group offer a prayer to start the meeting.

*Example Prayer: Heavenly Father, teach us what it means to mourn, so that we can offer your comfort to others in our world. In Jesus name, Amen.*

#### **WEEK 3 BEATITUDE MEDITATION:**

**Read Matthew 5:3-11. Half the group can read the “Blessed” section, then the other half reads the “For the/they” section.**

Blessed are the poor in spirit, for the kingdom of heaven is theirs.

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

Blessed are the humble, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are those who are persecuted because of righteousness, for the kingdom of heaven is theirs.

#### **WEEK 3 SERMON DISCUSSION:**

##### **Week 3 Sermon Discussion Questions:**

This week the pastor discussed Matthew 5:5, “Blessed are those who mourn, for they will be comforted.”

- What did the pastor say it meant to mourn?
- What did the pastor say it meant that they will be comforted?
- How did the message change or enhance your understanding of this beatitude?
- Did the pastor say anything that was particularly meaningful or encouraging?
- How were you encouraged to apply this beatitude in your daily life or spiritual journey?
- Were there any questions or concerns that you had from the message?

##### **Handling Grief**

- How were you taught or modeled to handle grief when you were younger?
- Was how you were taught a blessing or a curse as you got older?
- What is something you would tell your younger self about handling grief?

**Quote:** “The word Jesus uses for “mourn” (Greek: *penthein*) is one of the strongest words for mourn in the Greek language. It was used for those who grieve the loss of loved ones, shedding those tear that well up from deep within our souls.” – Darrell Johnson

- Why might it seem strange that those who have experienced personal tragedy might be considered blessed?
- How is that different from the world's perspective?

### **THE GOOD LIFE VIDEO WEEK 3 (with Derwin Gray) [Part 1]**

Videos can be accessed at [www.barmillscommunitychurch.org/goodlifevideos](http://www.barmillscommunitychurch.org/goodlifevideos).

#### **Watch The Good Life video 3 Part 1 and discuss the following questions**

- Have you ever had an experience like Derwin and his wife? How did the news effect your faith?
- What does it mean to lament?
- How can you find praise in the midst of lamenting?

#### **QUOTES:**

"God does not waste our pain. It's as though God takes our pain and uses it to purify us. During suffering, God graciously grants us access to the suffering of Jesus Christ. His endurance becomes ours. In our weakness, his strength becomes ours." – Derwin Gray

"Sadness is a launching pad to growth." – Keith Krull

"God whispers to us in our pleasure, speaks to us in our conscience, but shouts to us in our pains. It is his megaphone to rouse a deaf world." – C.S. Lewis

"There are times as we minister to one another when we try to anaesthetize on another's sorrow too quickly." – Darrell Johnson

- Have you experienced a time when your sadness was a launching pad for growth? If so (and willing), share an experience.
- In the Gospels we are told of several experiences where Jesus cried. What thoughts, questions, and emotions stir in you when you think of Jesus weeping?
- As you look around our world today, what causes you to say, "this is not how it should be."

### **THE GOOD LIFE VIDEO WEEK 3 (with Derwin Gray) [Part 2]**

*As you watch the video, ask yourself, "How has this week's teaching changed your understanding on what it means to lament/mourn?"*

#### **Watch The Good Life video 3 and discuss the following questions.**

- Why is grief, pain, and lament uncomfortable for people?
- Why do we rush through pain instead of pausing to lament? What is the danger in doing that?
- Psalm 34:18 tells us that "The Lord is near the brokenhearted; he saves those crushed in spirit." Why is this an important promise to remember in the midst of lamenting?
- Derwin Gray suggests that "Those who lament will be cemented in God's comfort." What do you think he means by that? How does our mourning connect us deeper the God's comfort in our lives?

#### **COMFORT: - 2 Corinthians 1:3-8 (CSB)**

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God. For just as the sufferings of Christ overflow to us, so also through Christ our comfort overflows. If we are afflicted, it is for your comfort and salvation. If we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings that we suffer. And our hope for you is firm, because we know that as you share in the sufferings, so you will also share in the comfort.

- What does this passage tell us about God' comfort and our comforting?
- How does our lamenting connect us to others who are suffering?
- How can knowing that God can use your lament to comfort others help you find happiness in your sadness?
- How can our pain point us back to the Jesus?

"Pain sends us into our purpose. Out of broken hearts we cry out to God, and his comforting grace moves us to comfort others."- Derwin Gray

- What does it mean that 'pain send us into our purpose?'"
- How have you been able to find purpose in your pain?
- How have you experienced the comfort of God through your pain?
- How does God's comfort move us to comfort others.

#### **FINAL THOUGHT: Darrel Johnson**

The Greek word translated comfort is the verb, *parakaleo*, which means to exhort, to encourage, or to embolden. This is also the original meaning of the English word comfort, *com*: with, *fortis*: strength. Jesus is saying that as we dare to open ourselves up to pain and grief, we feel ourselves strangely strengthened. How? From the verb *parakaleo* O comes the noun *paraclete*, the word Jesus uses for the Holy Spirit. The Holy Spirit comes alongside those who are mourning and empowers us to come along side others in their pain, too.

#### **WEEK 3 WRAP-UP**

##### **Read Matthew 5:3-11 Out loud together as a group.**

Blessed are the poor in spirit, for the kingdom of heaven is theirs.

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

Blessed are the humble, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are those who are persecuted because of righteousness, for the kingdom of heaven is theirs.

**Closing Prayer:** How can the group pray for you and others to have a "blessed" (*makarios*) week?

Have a group member close in prayer or provide an opportunity for all members to pray for each other.

**For additional insight on being poor in spirit, read the following.**

- Chapter 3, 'Happy are the Sad' in *The Good Life*, by Derwin Gray
- Chapter 3 'God's Aching Visionaries' in *The Beatitudes* by Darrell Johnson