



**BLESSED ARE THOSE WHO MOURN**  
Living The Sermon On The Mount - Wk 2

**ICEBREAKER:** What traumatic event has changed your life forever?

**OVERVIEW:** Blessed are those who mourn, for they will be comforted. J.I. Packer wrote, "A sense of defilement before God is not morbid, neurotic or unhealthy in any way. It is natural, realistic, healthy, and a true perception of our condition." J.C. Ryle said, "To be sensible of our corruption and abhor our own transgressions is the first symptom of spiritual health." In this study we will dig deeper into the meaning and application of the second beatitude.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Referencing your notes from Sunday's sermon, jot down in your own words the meaning of this second beatitude and how it applies to your life.
3. Read 2 Corinthians 7:8-11. What can you learn about mourning from this passage? What caused the mourning? What was the result?
4. Read James 4:7-10. What can you learn about mourning from this passage? Why is James so insistent that his readers be sad and gloomy?

5. Consider Judas, Jesus' betrayer. Judas certainly mourned over sin. He recognized his sin. He was deeply sorry. He made confession. He justified and defended Christ as innocent. He made restitution. Yet his story ends not in comfort and joy, but in despair and suicide. What did Judas do right/wrong in his mourning? Is this the kind of mourning over sin to which Jesus is referring? Explain.
6. When is the last time you wept over your sins? What is it about sin that should cause us to mourn?
7. What causes us to take sin less seriously than we should? Are there sins in your life that you should be mourning over? Explain.
8. The cross causes us to celebrate. How can meditating on the cross also lead to godly sorrow?
9. What comfort does God offer to those who mourn? How does mourning lead to a state of blessedness or ultimate joy and fulfillment in life?
10. What can you do to continually mourn over the sins in your life? What would that look like realistically on a day to day basis?

*Christianity begins with a sense of sin. Blessed is the man who is intensely sorry for his sin, the man who is heart-broken for what his sin has done to God and to Jesus Christ, the man who sees the Cross and who is appalled by the havoc caused by sin. — William Barclay*