

DISCUSSION GUIDE

BLESSED ARE THOSE WHO MOURN

Matthew 5:4

The Beatitudes — Week 2

ICEBREAKER: How mechanically inclined do you consider yourself? Give an example.

OVERVIEW: We all want to be happy. We are all trying to make our lives as fulfilling and meaningful as possible. The good news is that Jesus taught about the secret to happiness in His most famous sermon — The Sermon on the Mount. There He explains not only how to find happiness, but how to not find it. We won't find happiness in the "Ps" — pleasure, possessions, position, praise, popularity, power, etc. Instead, we must cultivate the qualities outlined by Jesus in the beatitudes. In this discussion we will go deeper with the second beatitude — "Blessed are those who mourn."

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. Are you happy? Explain.
3. Do you believe that God wants you to be happy? Explain.
4. Why do you think so many people in our society struggle with anxiety and depression (over twenty percent)?

5. Read James 4:8-10.
 - a. What are the commands in this passage?
 - b. How can a person "draw near to God"?
 - c. What does it mean that God "will draw near to you"?
 - d. Why does this passage command us to "be miserable, mourn, and weep"?
6. Read Matthew 5:4 and answer the following questions. What kind of mourning is Jesus talking about?
7. What is the opposite of the kind of mourning in this beatitude?
8. Why should we mourn over our sin? How does mourning lead to happiness?
9. Have you ever mourned over your own sin? Explain.
10. Would you like to be more mournful? Explain. What can a person do to be more mournful?

The Last Word: Mourning leads to repentance, and repentance is necessary for salvation.