

PRACTICE

Breath Prayers awaken us to God's presence with us and his work in us.

Inhale a truth and exhale a humble petition in a short, continuous prayer rhythm.

Inhale: Create in me a clean heart, O God...

Exhale: ...put a new and right spirit in me.

PRAY

Lord, thank you for meeting us in our sadness rather than asking us to hide it. As we grieve our own sin and the brokenness of this world, break our hearts for what breaks yours. In the quiet stillness, let us feel the comfort of your Holy Spirit's presence. Wash away our guilt with your grace, and turn our sorrow into compassion. Comfort us, so we can become vessels of healing for a wounded world. In Jesus' name. Amen.

BLESS

Share with the group or individually from person to person.

May God meet you in the stillness, wrap your mourning in his comforting grace, and use your softened heart to bring his light into the world.

WEEKLY MEMORY VERSE

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

Matthew 5:4 NRSV

DAILY VERSES

1-Matthew 5:4	4-James 1:22	6-Psalm 51:10
2-Philippians 1:6	5-Ephesians 4:23-24	7-Psalm 51:17
3-Psalm 34:18		

To receive Daily Verses via text, send DAILY to 248.617.8232

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 **40DAYS** in the Beatitudes

BLESSINGS
- redefined by Jesus

WEEK 2
COMFORT IN THE BROKENNESS

SHARE

- Re-introductions as needed, opening prayer, Growth Group Covenant for new members
- Share a High & Low from the week related to the 7 Commitments.

READ

Embracing the first Beatitude opens the door to the second: "blessed are those who mourn." As we recognize our deep need for God, the Holy Spirit aligns our desires with Jesus, leading us to pray, "Break my heart for what breaks yours." This softening of heart brings genuine sorrow over our personal sin (the brokenness in our relationship with God and others), and a true lament for the brokenness of the world. We ache for things to be different, knowing transformation requires God's help.

"The mourning Jesus has in mind is not the sorrow of bereavement, but the sorrow of repentance. It is the mourning of those who, having recognized their spiritual poverty, are deeply grieved by it."—John Stott

While God certainly comforts us as we grieve all of our losses, the mourning Jesus highlights here is different. It is the sorrow of recognizing our "poorness of spirit"—a grief that doesn't condemn us, but rather opens our hearts to a restored relationship with him. "Create in me a clean heart, O God, and put a new and right spirit within me," (Psalm 51:10)

God gently invites us to "Be still and know that I am God" (Psalm 46:10). In this quiet stillness, we give ourselves permission to feel deeply. We are met by the Holy Spirit, who comforts us in the sorrow of our brokenness and a sin-sick world. Though pain isn't instantly removed, his presence frees us from guilt and shame, and grows a deep compassion within us—empowering us to draw a wounded world toward healing even as God heals us.

TALK

- How is humility before God different from putting yourself down, feeling shame or welcoming low self-esteem?
- How do you usually handle sadness, grief, or admitting you were wrong? Why do you think Jesus' approach is so entirely upside-down from how the world handles it?
- Consider grieving our "sin-sick world." When you look at the news, your community, or the world right now, what is something that breaks your heart and makes you long for God to make things right?
- Without having to share specific details, what is your typical reaction when you realize you've drifted from God? Do you tend to beat yourself up, try to hide it, or rush to quickly "fix" it rather than being still with him?
- Can anyone share a time when you experienced the comfort of God's presence—either directly in prayer, or through a friend who just sat with you in a hard time without trying to fix it?
 - Who is someone in your life right now who might need you to "sit in the dark" with them this week? What is one simple way you can offer them comfort without trying to fix their situation?

PERSONAL REFLECTION

As a group or at home read aloud Psalm 51:1-12, then set a timer for 3 minutes and give yourself space to meet God in stillness and confession using the Psalm. Allow the words of the Psalmist to be your words. Then, rest with the Holy Spirit and wait for the promised comfort of God's presence. Take note of what is revealed to you.

WEEK 2

COMFORT IN BROKENNESS



Matthew 5:4

New Revised Standard Version

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

Amplified Bible

Blessed [forgiven, refreshed by God's grace] are those who mourn [over their sins and repent], for they will be comforted [when the burden of sin is lifted].

The Message

You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the One most dear to you.

Contemporary English Version

God blesses those people who grieve. They will find comfort!



Breath Prayer

Breath Prayer matches a word or phrase to the rhythm of our breath, calming the mind and inviting a sense of God's peace.

Inhale a truth and exhale a humble petition in a short, continuous prayer rhythm.

Inhale: Create in me a clean heart, O God...

Exhale: and put a new and right spirit in me.

Week 2 Prayer

Lord, thank you for meeting us in our sadness rather than asking us to hide it. As we grieve our own sin and the brokenness of this world, break our hearts for what breaks yours. In the quiet stillness, let us feel the comfort of your Holy Spirit's presence. Wash away our guilt with your grace, and turn our sorrow into compassion. Comfort us, so we can become vessels of healing for a wounded world. In Jesus' name. Amen.