



Start with this...

When were you ever sad as a child?
And who was the person or thing that could

Are we able to laugh at our own moments? Instantly? Or after some time? Or never at all?

This Week's Main Thing

Merriam Webster defines mourning as “a period of time during which signs of grief are shown.” This period of sorrow is most often associated with the loss of a loved one or some sort of tragedy involving loss of life. Is what Jesus said in the following verse the same?

“God blesses those who mourn, for they will be comforted.” —Matthew 5:4 (NLT)

This begs the question:

- What is Jesus referring to here?
- What kind of mourning does God bless?
- What kind of mourners will be comforted?

Theologian John Gill explained it best when he said, “Blessed are they that mourn for sin, for their own sins; the sin of their nature . . . which is always working in them, and is a continual grief of mind to them.”

Mourning over our own sin and the sin all around us.

This is something that we see Jesus doing ([Luke 19:41–44](#)). It's something Paul so eloquently expresses in ([Romans 7:15-20](#)) as he mourns over the sinful nature within him—the unspiritual man who knows the good he's supposed to do, but instead does the evil he hates.

Read the above verses together as a group!

The person who mourns his or her sinfulness and the sinfulness of the world is truly attuned to the Holy Spirit.

Who doesn't want to be comforted? Jesus promises comfort to us when we truly mourn.

This person has a godly sorrow. And according to 2 Corinthians 7, godly sorrow produces repentance! That's why the mourner is comforted by God! Because “the sorrow that is according to the will of God produces a repentance without regret, leading to salvation . . .” (2 Corinthians 7:10 NASB).

DIG: Read Romans 7:14–25 and 2 Corinthians 7.

DISCOVER: Does your sin grieve you and cause you to have a godly sorrow?

DISPLAY: Spend time in prayer today asking the Lord for a godly sorrow, that you may mourn and experience grief for your sin; that you may not become numb and desensitized to it.