**Joyful Sadness Discussion Guide**

Today we looked at the second beatitude. God blesses those who mourn. Sounds crazy. No one enjoys mourning. When we mourn, we want it to be done with it as soon as possible. We can’t understand how mourning could be a blessing to anyone. However, maybe Jesus has a purpose beyond what we can understand.

There are two primary reasons we mourn. We mourn over personal losses, and we mourn over our sin. In both instances, the best place to turn for help is Jesus Christ. When we mourn over our sin, we come to understand how desperately we need Jesus. We then turn to him for forgiveness and receive His comfort in the midst of our mourning. As He comforts us, God uses our mourning to build our character and make us more like Himself.

**Key Verse: Matthew 5:4**

**Discussion Questions:**

* What does it mean to mourn?
* What does it mean to mourn over our sin?
* If we turn to Jesus when we mourn, how does He comfort us? (Discuss how He comforts us when we mourn over both personal losses and when we mourn over our sin).
* How does God use suffering to build our character and make us more like Himself?

**Prayer Focus:**

If you are mourning, ask God to comfort you in ways that only He can. Thank Him for his willingness to comfort you and give you peace. Ask the Holy Spirit to search your heart and show you any unconfessed sin that needs to be confessed. Confess it to God and ask Him to forgive you and restore you to a right relationship with Him through His Son, Jesus Christ. Ask God to use your current experiences to mold you and shape you into His image.

**Next Steps**

1. Spend some time this week thinking about ways God has comforted you in the past. Write those examples down as you think about them.
2. Is there someone in your life in need of comfort? Show them the love of Christ by reaching out to them and comforting them in their sorrow.