

# Blessed Are Those Who Mourn

Matthew 5:4

# Matthew 5:1-4

<sup>1</sup> *Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him.*

<sup>2</sup> *And he opened his mouth and taught them, saying:*

<sup>3</sup> *“Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

<sup>4</sup> ***“Blessed are those who mourn, for they shall be comforted.***

# Matthew 5:4

***4 “Blessed are those who mourn,  
for they shall be comforted.***

# **REVIEW:**

- Jesus' sermon from a mountain

# **Sermon on the Mount**

- God became man  
(see Exodus 19:21-23 & 20:18-20)
- Deeper into the heart of God

# **REVIEW:**

- Jesus' sermon from a mountain
- The Sermon ends with a warning

# **Matthew 7:21-27**

- Not everyone who says “Lord, lord”...
- Not everyone who does works in His name
- Not everyone who hears his words

# **REVIEW:**

- Jesus' sermon from a mountain
- The Sermon ends with a warning
- Begins with characteristics of the “Blessed”



# Blessed...

- 9 States of Being
- A state of being must be transformed
- Crucial to the remaining sermon

# REVIEW:

- Jesus' sermon from a mountain
- The Sermon ends with a warning
- Begins with characteristics of the “Blessed”
- The Kingdom of God is now

# What is the Kingdom?

- The Presence of God (God with us)
- The rule of God
  - His will enacted
  - Him as King
  - Him glorified
- The family of God (1 John 1:7)

# REVIEW:

- Jesus' sermon from a mountain
- The Sermon ends with a warning
- Begins with characteristics of the “Blessed”
- The Kingdom of God is now
- The first characteristic (Poor in Spirit):
  - They come to God with open hands; in complete dependence and trust

**When I abide in God, coming to Him crouching, with empty, raised hands and utterly helpless, He meets me where I'm at, He increases my knowledge of Him, and I bear His fruit for His kingdom.**

# REVIEW:

- Jesus' sermon from a mountain
- The Sermon ends with a warning
- Begins with characteristics of the “Blessed”
- The Kingdom of God is now
- The first characteristic (Poor in Spirit):
  - They come to God with open hands; in complete dependence and trust

# **Blessed are those who mourn...**

- 'Blessed' literally means happy
- 'Mourn' is to grieve or lament over a loss

# **Blessed are those who mourn...**

Can grieve over many things...

- Loss of a parent
- Loss of job
- Loss of a friend
- Loss of youth
- Loss of health
- Lost possessions
- Loss of influence
- Loss of pleasure



# **Blessed are those who mourn...**

- Mourning is uncomfortable
- It is a process
- Everyone handles it differently

# **Blessed are those who mourn...**

- God is a comfort to the widow and the fatherless (Deuteronomy 10:18, Psalm 68:5, 146:9...)
- He comforts those who mourn (Psalm 34:8, 147:3...)

But what does it mean that those who mourn are blessed?

**Blessed are those who mourn...**

**Luke 6:21b**

“Blessed are you who weep now, for you shall laugh.

**Luke 6:25b**

“Woe to you who laugh now, for you shall mourn and weep.

\*see also Ecclesiastes 7:3-4

**Blessed are those who mourn...**

**Those who don't mourn now will  
weep later...**

**Only those who mourn now have the  
comfort of God...**

**Blessed are those who mourn...**

**Then what should we mourn over?**

- **Over sin**
- **Anything that Separates us from God**

## **Joel 1:8-9**

<sup>8</sup> Lament like a virgin wearing sackcloth  
for the bridegroom of her youth.

## **Joel 1:8-9**

<sup>9</sup> The grain offering and the drink offering are cut off from the house of the LORD. The priests mourn, the ministers of the LORD.

## **Joel 1:8-9**

- Deepest form of sorrow
- Consequences of sin
- Unable to supply offering to God
- Can't pretend anymore



## **2 Corinthians 7:10-11**

<sup>10</sup> For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. <sup>11</sup> For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves,

## **2 Corinthians 7:10-11**

what indignation, what fear, what  
longing, what zeal, what punishment!  
At every point you have proved  
yourselves innocent in the matter.

## **2 Corinthians 7:10-11**

- Corinthians were grieved
- Paul rejoices they were grieved into repentance
- Worldly grief leads to death
- Godly grief leads to repentance, earnestness, fear, longing, and zeal

# **Worldly grief leads to death**

- Distracting (denial)
- Flogging (anger)
- Comparison (bargaining)
- Despair (depression)

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# Godly grief

- |             |   |                          |
|-------------|---|--------------------------|
| repentance  | • | Salvation without regret |
| earnestness | • | Real, sincere            |
| fear        | • | Awe of God               |
| longing     | • | For His presence         |
| zeal        | • | Eager to be cleared      |

# **Lamentations**

- Lament of a prophet
- Loss of the Lord's favor
- Loss of connection with God

## **Lamentations 5:15-16**

<sup>15</sup> The joy of our hearts has ceased;  
our dancing has been turned to  
mourning.

<sup>16</sup> The crown has fallen from our head;  
woe to us, for we have sinned!



**Blessed are those who mourn...**

**How often are you grieved by sin?**

**Do you take it seriously?**

**Blessed are those who mourn...**

**Is there anything you are refusing  
to confront in your life?**

**How do you avoid thinking about  
the hard things?**

**Blessed are those who mourn...**

There can be no **transformation**  
where there is no revelation. We  
cannot overcome that which we  
will not admit

-Dr. Rob Reimer

# **Blessed are those who mourn...**

The three legs of the stool:

- Call on God
- Watch
  - Confess

## **Luke 18:10-14**

“Two men went up into the temple to pray, one a Pharisee and the other a tax collector.

## **Luke 18:10-14**

11 The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. 12 I fast twice a week; I give tithes of all that I get.'

# **Mourning others' sin**

- Judgment stands back and compares
- Mourning stands close (Job 2:11-13)
- Enters the discomfort and empathizes in the brokenness

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## **Luke 18:10-14**

13 But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!'

## **Luke 18:10-14**

14 I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

**justified...for they shall be comforted**

- The Holy Spirit is the “comforter” or “helper” (John 14:16, 25, 16:7)

paraklētos - intercessor, consoler: —

advocate, comforter

\*1 John 2: 1-6

# 1 John 2: 1-6

<sup>1</sup> My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an **advocate** with the Father, Jesus Christ the righteous. <sup>2</sup> He is the propitiation for our sins, and not for ours only but also for the sins of the whole world.

# **1 John 2: 1-6**

<sup>3</sup> And by this we know that we have come to know him, if we keep his commandments. <sup>4</sup> Whoever says “I know him” but does not keep his commandments is a liar, and the truth is not in him,

# 1 John 2: 1-6

<sup>5</sup> but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: <sup>6</sup> whoever says he abides in him ought to walk in the same way in which he walked.

## **Lamentations 3:55-57**

<sup>55</sup> “I called on your name, O LORD,  
from the depths of the pit;

<sup>56</sup> you heard my plea, ‘Do not close  
your ear to my cry for help!’

<sup>57</sup> You came near when I called on you;  
you said, ‘Do not fear!’

**When I mourn the sin that  
separates me from God,  
choosing to face it and calling  
out to God in my need, God  
cleanses and transforms me. He  
draws me close. His Spirit  
empowers, equips and guides.**