

Title: Comfort for the Mourning Heart

Passage: Matthew 5:1-4

Key Verse:

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

Key Truths:

- Blessed (definition) = Inward contentedness that is not impacted by circumstances. Joy is completely independent of all circumstances of life.
- "To Mourn" = mourn over our sin, to have godly sorrow for our disobedience against God. To be ntensely sorry and broken for one's own sin of what it has done to God and Jesus Christ.
- "Comfort" = to come alongside, to encourage and help.
- God is a God of comfort, Christ is a Christ of comfort, and the Holy Spirit is a SPIRIT of comfort. As believers, we have the comfort of the entire Trinity!

Possible Discussion Questions:

- What point(s) in the sermon did the Lord most impress upon you?
- How does Biblical mourning differ from worldly mourning / sorrow?
- Why are those who mourn are blessed?
- James 1:22 admonishes us to be “doers of the Word.” What next steps will you take in response to the truths you have been exposed to?

Introduction

Yuhiel De-Nur, Auschwitz survivor who was a primary witness at the Nurembourg Trials for Holocaust crimes against Adolf Eichmann. He fainted when attempted to testify.

- When asked why he fainted, he saw the the person and recognized he could have done the same given the right ciricumstances.

Jeremiah 17:9

The heart is deceitful above all things, and desperately sick; who can understand it?

- We are all sinful.

Context of Passage:

Sermon on the Mount - Jesus' first recorded words in the Gospels in the Bible.

- Matthew 5:3: "Blessed..."

- God is a God of joy and happiness.
- Blessed (definition) = Inward contentedness that is not impacted by circumstances
 - Joy is completely independent of all circumstances of life.

Passage:

Matthew 5:1-4

Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

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

EXPOSITION

What "To mourn" does NOT mean in this text:

1. "Blessed are the grim, cheerless Christians"
 - Some think they need to feel bad all the time about our sins or not enjoy things of this world.
 - Truth: our joy is grounded in Christ. We are to reflect Christ in our attitude.
2. "Mourning for things that don't go your way (ex: Ahab, Ammon)"
 - Some were frustrated and mourning because didn't get what he wanted (Ammon)
 - Truth: This is selfish, sinful mourning.

Biblical Mourning

What does the phrase "to mourn" mean in this text?

- It means to mourn over our sin, to have godly sorrow from our disobedience against God.
 - It begins with repentance
- Repentance occurs when we recognize we have a problem.
 - The problem of sin.
- What is sin?
 - Sin = any act of disobedience against His revealed will and His commandments.
- We are all sinners by nature and as we grow up, sinners by choice.

How does God see sin?

Romans 6:23

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

- just one sin results in death.

Isaiah 59:2

but your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear.

Ezekiel 18:20a

The soul who sins shall die.

2 Thessalonians 1:9

They will suffer the punishment of eternal destruction, away from the presence of the Lord and from the glory of his might,

Summary:

We see the consequences of sin at the cross of Jesus Christ

- the most lovely of all of life is crucified on the cross.

Repentance = when we see the serious consequences of sin, we have sincere repentance of sin.

Distinction: Worldly Sorrow vs. Godly Repentance

2 Corinthians 7:10-11

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment! At every point you have proved yourselves innocent in the matter.

- Worldly sorrow results in death
 - Merely sad that one was caught.
- Godly repentance
 - Earnest, sincere remorse over what was done.
 - Take full responsibility for sin. Make no excuses (no caveats or buts).
- Key distinction:
 - Are they willing to change?
 - Any self-justification or excuses?

Psalms 51:1-4

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment.

"Mourn"

- strongest version of the word in Greek = mourning for the dead.
 - Ex: Israel's grief when thought Joseph was dead.
- intensely sorry and broken for their sin of what has done to God and Jesus Christ.

Mourning

- there are other types of mourning validated in Scripture.
- Here, Matthew 5:4 focused on mourning over one's own personal sin.

What are other types of Biblical mourning?

1. Mourning over the sins of the world

Psalm 119:136 (David)

My eyes shed streams of tears, because people do not keep your law.

Jeremiah 8:18-19

My joy is gone; grief is upon me; my heart is sick within me. Behold, the cry of the daughter of my people from the length and breadth of the land: "Is the LORD not in Zion? Is her King not in her?" "Why have they provoked me to anger with their carved images and with their foreign idols?"

- Jeremiah was known as the "Weeping Prophet" because of weeping over Israel's sins.

Luke 19:41

And when he drew near and saw the city, he wept over it,

- Jesus wept over Jerusalem

2. Mourning over life's trials.

- mourning over death of a loved one.
 - See many examples of godly people who grieved over loss of loved ones. (Ex: Mary, Martha)
- Appreciate it may take years to grieve and mourn in such special situations. Let yourselves grieve and mourn.
 - The loss is real that you feel.

3. Mourning because of discouragements

2 Timothy 1:4

As I remember your tears, I long to see you, that I may be filled with joy.

Acts 20:31

Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears.

- tears with concerns.

Analogy: A place of all sunshine will only be a desert. There is a place and time for rain.

- Sorrow can be a great tool to teach us more about God, about ourselves, and about others.

Psalms 23:1-4

The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

- The psalm begins in third person but then shifts personally ("I walk through the valley...")
- God's plan sometimes involves times that reminds us that the true timeline of our lives is eternity and He is present.

Poem: Robert Browning.

"For they shall be comforted."

Comfort

- meaning (parakaleo) = to come alongside, to encourage and help.
- God is a God of comfort, Christ is a Christ of comfort, and the Holy Spirit is a Spirit of comfort.
 - As believers, we have the comfort of the entire Trinity!

John 14:16

And I will ask the Father, and he will give you another Helper, to be with you forever,

- Comfort here is pointing to immediate comfort (not distant comfort of heaven).

2 Thessalonians 2:16

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace,

Romans 15:4

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

- Happiness comes to sad people because their godly mourning leads to God's comfort

Matthew 11:28

Come to me, all who labor and are heavy laden, and I will give you rest.

- God will lift the burden from those who mourn over sin. He will give rest to those who are weary of sin. As often as we confess our sin, He is faithful to forgive, and for as long as we mourn over sin He is faithful to comfort.

APPLICATION

If not a Christian, come to God and repent of your sins.

- Don't need to change first. Come as you are. He will give you a new heart and new life.
- If you are mourning in the present, God wants to comfort you.
 - Come to Christ.

If you are a Christian, come to Christ.

- If had turned away or lost joy and passion for God, we can still come back to Him.
- If you are mourning and grieving, come to Christ. Don't be shy. He will welcome you and give you comfort.