



THOSE WHO MOURN Matthew 5:4

1. Talk about a time when you grieved and someone comforted you well. What did you feel for the person who comforted you? How did it help?
2. We often feel pressure to put on a happy face and pretend things are well when they aren't. How does Matthew 5:4 impact this? Based on this verse, how should we act among Christians when we are suffering?
3. Do you prefer to mourn privately or in community? See Romans 12:15 & 2 Corinthians 1:1–11. What does it look like to mourn in God's family? Do you need to forego your preference in order to live out this aspect of kingdom life?
4. Is there grief in your life today? If so, take the chance to share it. Take time to listen to each other well. After listening, comfort each other well.
5. Read Ezra 10:1–5 & Romans 7:24. Ezra and the Apostle Paul grieve for their sin and the sins of their people. Have you ever wept over your sin? When you do, what do you weep for—the consequences of sin, the separation from other people, the separation from God, a sense of failure?
6. Read John 11:28–37 & Luke 19:41–44. In each case, what was Jesus grieving? How was Jesus comforted from this grief? Consider Hebrews 12:2–3.
7. In Luke 4:16–21, Jesus announced Himself as Messiah by quoting Isaiah 61. Read Isaiah 61:1–4. What added meaning does this give to Matthew 5:4? Who will comfort those who mourn?
8. In Luke 2:22–35, God grants Simeon the chance to see Jesus as a baby. Why does Simeon celebrate Jesus' arrival? What grief was Simeon lamenting and what comfort did Jesus bring?
9. Read 2 Corinthians 1:3–4. How does God help us in our hardest times? What does this equip us with? If we all lived this out, how could our church influence our community?
10. Think about the people in your life. Who among them is grieving? How can you comfort them this week? Take time to pray for God's guidance in this.
11. In a world that lacks hope, how are you bringing the comfort of Christ to the people in your spheres who don't yet hope in Jesus? Consider two examples:
 - How could you or your Life Group comfort those impacted by hurricanes?
 - Like Simeon, pray for the Jewish people. Pray together for any Jewish friends, family or co-workers who don't yet trust in Jesus as their Messiah.