

# Life is Good

WHEN YOU GRIEVE



The Good Life  
Life Is Good When You Grieve  
Matthew 5:4

Matthew 5:1–12

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

**2** And he opened his mouth and taught them, saying:

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

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

**5** “Blessed are the meek, for they shall inherit the earth.

**6** “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**7** “Blessed are the merciful, for they shall receive mercy.

**8** “Blessed are the pure in heart, for they shall see God.

**9** “Blessed are the peacemakers, for they shall be called sons of God.

**10** “Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

**11** “Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. **12** Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

**To mourn, means to grieve.** To grieve, we must experience loss. To experience loss, we must experience brokenness. To experience brokenness, we must experience sin.

“The reference Jesus makes here is to those who need God’s help, who lament that the kingdom has not come and God’s will is not yet done.”

(Charles H. Talbert, *Reading the Sermon on the Mount*, 51)

## **1. Jesus experienced mourning.**

### **John 11:32-36**

*Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, “Lord, if you had been here, my brother would not have died.” When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. And he said, “Where have you laid him?” They said to him, “Lord, come and see.” Jesus wept. So the Jews said, “See how he loved him!”*

### **Luke 19:41**

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

## **2. In our mourning, we are comforted by Jesus and the church.**

### **2 Corinthians 1:3-5**

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.*

### 3. Our mourning is a ministry to others.

#### 2 Corinthians 1:6-7

*If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.*

### 4. Mourning reminds us that something better is coming.

#### Revelation 21:4-5

*He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true."*

#### Romans 8:18

*For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.*

### When you refuse to mourn, you refuse an opportunity to receive comfort.

#### Losses to Mourn can vary from person to person and season to season

- Things you don't have, but long for
- Things you were hoping for, but didn't see come to fruition
- Things happened that you didn't want to experience

#### There are three types of sins we must mourn in this world:

- The brokenness of the world that is caused by sin
- The sins we commit
- The sins others commit against us

#### Practical Steps:

- Awareness: something is off
- Acknowledge: identify the emotion/problem
- Acceptance: accept what you're feeling, thinking, experiencing, tell God what you're feeling, thinking, experiencing
- Abide: sit with God, remain connected to Him, continually choose Him
- Adoration: praise God for His faithfulness, for His promises, for the hope He offers and for the promised ultimate healing that is coming.

"God, (this) happened to me \_\_\_\_\_"

"(This) is how it made/makes me feel \_\_\_\_\_"

"(This) is the worst part about it \_\_\_\_\_ "

"But I believe (or want to believe) (this) about you because I know (or have heard) (these things) about you to be true. Help me in my unbelief."