

Session 2: Matthew 5:4

SESSION GOALS

Every session has a point—what each participant should walk away from the discussion knowing, feeling, and doing.

Main Idea: God draws near to comfort us when we mourn and enables us to comfort others in their times of need.

Head Change: To know that God will meet our mourning with kindness and comfort.

Heart Change: To feel free to grieve our sin and the brokenness of the world without shame.

Life Change: To take our grief directly to God so that we can be comforted by him.

OPEN

What do you typically do when you are feeling down? What helps you get through a tough day?

There's nothing wrong with taking a nap or watching TV when we feel overwhelmed, but our simple coping strategies can become lifestyles of avoidance. We live in a culture that doesn't like the idea of sadness. We often seek to avoid the pain of mourning by suppressing our grief or distracting ourselves from our feelings. The idea of embracing our sadness is unusual, even unwanted.

In this session, we'll see that mourning is not something to avoid, but a pathway to blessing. And when we mourn, we can be sure that will be comforted by God himself.

READ

Read Matthew 5:1–12.

Note: Because you'll be reading this passage weekly for the remainder of this series, consider making your study

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of the Beatitudes an occasion to memorize these verses of Scripture.

WATCH

Before viewing the session, here are a few important things to look for in Matt Chandler's teaching. As you watch, pay attention to how he answers the following questions.

Why is it important to know the Beatitudes highlight eight characteristics of the same person?

What are the three reasons mourning is a sign of the kingdom?

How does mourning help us develop compassion?

Show Session 2: *Matthew 5:4* (13 minutes).

DISCUSS

Matt opened this session saying that Jesus didn't just show up looking for the "blessed" people. Instead, Jesus shapes us ordinary people into these sorts of people.

How is the idea that Jesus is looking for “blessed” people different from the idea that he shapes us into “blessed” people? Why is it good news that Jesus shapes us into the kinds of people described in the Beatitudes?

Why do you think the second Beatitude is so significant for us today?

We all regularly encounter pain and heartbreak because we live in a world fractured by sin. To protect ourselves from pain, grief, and sadness we develop coping mechanisms. But coping can prevent us from dealing with reality and distract us from our emotions. **What are some of the coping mechanisms you have used to protect yourself? In what ways have your coping mechanisms been ineffective long-term solutions?**

One of the dangers of running to our coping mechanisms instead of grieving is that we end up

having nowhere to take our disappointments. So, instead of mourning, we “drink a little bit too much or watch a little bit too much Netflix,” and never deal with our sadness. **When we consistently try to avoid feelings of pain instead of properly mourning, what two emotions did Matt say most often emerge?**

In a culture that often pursues happiness at all costs, Matt's claim that "mourning is a sign of the kingdom" may seem backward. But he listed three reasons ways mourning reveals God is at work: our mourning of personal sin, our mourning over the brokenness of the world, and our growth in compassion in response to both. **Which of these three "kingdom qualities" do you tend to avoid or suppress? What things can you do to practice these kingdom qualities?**

As we grow closer to Jesus, we become more aware of our sin. As we grow more aware of our sin, we grow more prone to lamenting our sin, or to mourning. **Has personal sin ever caused you to feel grief? In that situation, how did you respond to that feeling? Did your conviction of sin cause you to run to Christ or did it lead to shame?**

The common understanding of conviction is that it is a negative experience, meant to heap guilt or shame on ourselves. But Matt described conviction as “an invitation to a better life.” God uses mourning to turn us from sin to his grace and comfort. **In the future, how could you remind yourself that conviction, though uncomfortable, is an invitation to draw near to God?**

*[Note: For further study on the connection Matt Chandler makes here with John 3:17, see **Go Deeper Section 1** at the end of this session.]*

The world is full of brokenness. Our typical reaction to the injustice, moral failure, and corruption around us is unrighteous anger. **Where in our culture do you see unrighteous anger toward the world's brokenness? Where, and in what ways, does anger over the world's brokenness present itself in your own life?**

RightNow Presents The Beatitudes
STUDY GUIDE

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