

## Lesson 2

### Blessed are Those Who Mourn

Last week, we studied the first Beatitude: *Blessed are the poor in spirit, for theirs is the kingdom of heaven*. This was a very appropriate place to start, for we must surrender to the understanding that we are nothing without God, and therefore, we need His Son. After fully understanding this, we can then move to the next Beatitude.

1. Read Matthew 5:1-12. Then, record Matthew 5:4.

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2. Read and record Luke 6:21b.

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3. Make note of any differences or similarities between these two verses.

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4. Use a standard dictionary to look up the word *mourn* and record the definition.

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5. Is mourning typically something associated with a blessing? Explain your answer.

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A man who truly faces himself and examines himself and his life is a man who must of necessity mourn for his sins also—for the things that he does.

-Dr. Martin Lloyd Jones

To be poor in spirit and recognize we are utterly hopeless and helpless without God, will naturally result in godly sorrow. A sorrow which comes from the realization that we are sinners.

To come to this realization, we must look at ourselves in light of what Scripture tells us.

For the Word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

- Hebrews 4:12

6. Describe a time the word of God revealed your sin.

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7. Read 2 Corinthians 13:5. What is it that we should surely know?

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8. For what are we to test ourselves?

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9. Read Lamentations 3:40. Then, explain what the end result of our examination should be.

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10. Read Psalm 139:23-24. What should we ask of God?

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11. Read Matthew 7:3-5. What must we do first and why is this important?

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12. Read Romans 7:13-25. (For clarity you may want to read it in both the NKJV and the NLT). What understanding did Paul come to about himself in verses 14 and 18?

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13. Look at verses 22-23 and explain what his conflict was?

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14. Who is able to deliver him? (v. 25)

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15. Can you relate to Paul in this passage? Have you come to the realization that you are wretched and there is only One who can save? Explain your answer.

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16. Read James 1:23-25. Describe the dos and don'ts of self-examination found in this verse.

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Remember, *mourning* follows being poor in spirit in the Beatitudes. Therefore, recognizing God and our need for Him must come first. With Him as our source and our strength, we become dependent upon Him, and then learn of His Son and the sacrifice He made for us—because of our sin.

17. Read Romans 3:23. Explain what this verse tells us?

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18. Read Mark 10:45. Why did Jesus come to Earth?

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19. When you consider your condition (a sinner) and the sacrifice Jesus made, how do you feel?

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There is not enough sorrow of sin among us. We make much of grace, thereby make light of sin. - John R. W. Stott

20. Read 2 Corinthians 7:10 and use *blueletterbible.org* to look up the word *sorrow* and record the definition below.

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21. What do you think godly sorrow is?

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22. How is it similar to the word *mourn* in Matthew 5:4?

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23. How is godly sorrow different from just sorrow? (Hint: use 2 Corinthians 7:10 for your answer.)

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24. To what does godly sorrow produce and lead, and what does this mean for us?

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What a blessed assurance!

25. Read Luke 7:36-50. Explain how verse 37 describes the woman?

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26. How do the Pharisees describe the woman in verse 39?

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27. How did the woman respond to being in the presence of Jesus? (v. 38)

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28. How did Jesus contrast the Pharisees and the woman?

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29. Read verses 44-47. How does this describe godly sorrow?

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30. What was the result of her sorrow? (v. 50)

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Think about this woman and think about yourself. Can you relate to her? Was there a time when the realization of your sins led to weeping, which then led to faith leading to salvation? Describe this time.

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For godly sorrow produces repentance leading to salvation, not to be regretted;  
but the sorrow of the world produces death.

- 2 Corinthians 7:10

The outcome of godly sorrow is repentance. The Greek word for repentance is *metanoia*, which means "a change of mind, a change."

There is a story about a Sunday school teacher who once asked a pupil to define repentance. The boy replied, "Repentance means sorrow for sin." "That's right!" said the teacher. However, then a little girl spoke up, "Excuse me, but it means being sorry enough to quit!"

To repent does not mean simply saying you are sorry, only to turn back and continue the behavior. It means to quit the behavior!

31. Read Acts 3:18-19. Why should we repent, and what will be the result?

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We should be so grieved by our sin, that we arrive at a place of such profound mourning that it leads to true repentance. This, in turn, leads to a refreshing.

32. Describe a time when you experienced refreshment after truly turning from your sin(s). Did this refreshment bring comfort? If so, explain how.

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**A Character Study - Ezra**

First, we mourn over our own sin, then we mourn over the sins of others.

Ezra was one of the Jewish exiles in Babylon after Jerusalem fell to King Nebuchadnezzar. At this point, Persia had taken over the Babylonian empire and the Jews had been allowed to return and rebuild Jerusalem. An initial wave of exiles returned with Zerubbabel to rebuild the Temple; a second wave returned with Nehemiah to rebuild the wall around the city. Ezra returned to Jerusalem 50 years after the Temple was rebuilt.

33. Read Ezra 7:6 and Ezra 7:11 and record what you learn about Ezra.

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34. What did Ezra plan to do when he arrived in Jerusalem? Ezra 7:10

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35. Read and summarize the overall intent of King Artaxerxes towards the God of Israel, Ezra and Jerusalem. Ezra 7:11-26

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36. Read and summarize how Ezra felt about returning. Ezra 7:17-28

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37. According to Ezra 9:1-2, what had the Jews who had returned to Jerusalem earlier done?

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38. How did Ezra react to this news? Ezra 9:3

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39. What did Ezra do at the evening sacrifice?

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40. Read and summarize the heart behind Ezra's prayer. Ezra 9:6-15

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Ezra was excited to return to Jerusalem. He looked forward to worshiping God in the Temple and being restored as God's people in the land He promised to them. Upon returning, he found the people engaged in many of the same sins which had brought about the very judgement they were returning from, and it caused him to mourn.

41. Read Ezra 10:1-4 and tell how did the people respond to Ezra's mourning?

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42. What did they propose as a way to make things right before God?

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Ezra facilitated an oath with the Levites and leaders of Israel to make sure they would follow through with their covenant.

43. Then he left the Temple and did what? Ezra 10:6

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44. According to Nehemiah 9:1-4, what were the children of Israel doing?

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Ezra mourned over the sins of his people, which caused the people to mourn over their own sin. Mourning led to repentance and restoration.

45. Look up Nehemiah 12:27,43 and write what mourning, repentance and restoration lead to.

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When we investigate God's Word and see our sinful condition, this should cause us to mourn. This mourning should bring about godly sorrow leading to repentance. But...

Thanks be to God for His indescribable gift!

- 2 Corinthians 9:15

For this gift not only allows us to repent but assures us eternal life with Him.

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort...

- 2 Corinthians 1:3

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

These verses teach us that we will be happy when we mourn. Which is quite the opposite of what our modern culture teaches us. Our world says, "Stop your mourning. Don't be sad. Find whatever makes you happy or numb or self-satisfied."

46. Where does this worldly philosophy lead?

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47. Describe how incredibly different the reasoning of the world is compared to the truth of God's Word when it comes to sorrow.

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*Thayer's Greek Lexicon* defines the word *comfort* as “refresh.” What a beautiful parallel to Acts 3:19. “Repent... so that times of refreshing may come from the presence of the Lord.”

48. Read 2 Corinthians 1:3-4 and explain how is God described?

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49. When God comforts us, what should our response be?

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50. Our God is the God of comfort and comfort is also found in Jesus. Read Matthew 11:28-30 and record how this verse is comforting.

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51. Jesus' time on earth was short, but He comforts us with assurances of our future and the assurance that we would not be alone. Read John 14:1-4. How does this bring you comfort?

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52. Read John 14:26 in the King James Version and write how the Holy Spirit is described?

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53. Read John 16:5-7. How amazing! We tend to find comfort in Jesus' death and resurrection but understand that there is also comfort in His departure. Only when He left to be with the Father, did the Comforter come. Spend a moment to think about this progression; it started with mourning and ended with the Holy Spirit. Describe how each step of this process brings comfort to us.

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54. Spend some time reading Romans 8. Then, list all the verses which bring comfort.

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55. Summarize the hope we have and the comfort we find from this chapter. Explain how this makes you feel?

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Happy is the one who mourns over their sin, repents and finds God. Blessed are those who mourn – indeed!

56. Spend some time reviewing this week's material and then summarize what have you learned about what it means to *mourn*.

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57. Are there any changes you will make as a result of what you have studied this week?

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