

Going Deeper Study Guide- “Blessed Are Those Who Mourn”

Matthew 5:4-Wednesday Night Study – May 6, 2026

Main Truth

“Blessed are those who mourn, for they shall be comforted.” — Matthew 5:4

Biblical mourning is not merely sadness over consequences. It is Spirit-produced grief over sin, hatred for rebellion against God, and a growing longing for holiness. Yet Christ does not leave His people in despair—He comforts those who mourn through the gospel.

Sermon Summary

Jesus continues the progression of the Beatitudes by moving from *poverty of spirit* to *mourning*. Once a person sees their spiritual bankruptcy before God, the natural response of a regenerated heart is grief over sin.

This mourning is not worldly sorrow or temporary guilt. It is:

- Conviction brought by the law of God
- Grief over offending a holy God
- Hatred toward sin
- A desire to wage war against sin
- Dependence upon Christ alone for comfort and forgiveness

The believer mourns not only because sin brings death, but because sin is ultimately rejection of God Himself.

Yet the Christian does not remain hopeless. Christ promises comfort:

- forgiveness,
- peace with God,
- assurance of salvation,
- and the ongoing work of sanctification through the Holy Spirit.

Key Themes from the Study

1. Mourning Follows Spiritual Awakening

The study emphasized that mourning comes after seeing our poverty of spirit. A spiritually awakened person becomes aware of their sinfulness and inability to save themselves.

Supporting Scriptures

- Isaiah 6:1–5
- Luke 18:13
- Romans 3:10–23
- Ephesians 2:1–5

Reflection

You cannot truly treasure grace until you first understand the depth of your need for it.

2. Sin Is Not Small

The study strongly emphasized that there are no “little sins.” Every sin is rebellion against a holy God and deserves death.

David’s confession in Psalm 51 shows that sin is ultimately against God:

“Against You, You only, have I sinned...”

Questions to Consider

- Have I minimized certain sins in my life?
- Do I compare my sin to others instead of comparing myself to God’s holiness?
- Am I grieved over sin itself, or merely its consequences?

3. Mourning Includes Hatred of Sin

The study carefully explained that mourning is not passive sadness—it includes active opposition to sin.

John Owen’s famous warning was referenced:

“Be killing sin or it will be killing you.”

True repentance seeks to:

- confess sin,
- flee temptation,
- cut off sinful habits,
- and wage war against the flesh.

Supporting Scriptures

- Romans 8:13
- Colossians 3:5
- Matthew 5:29–30
- Hebrews 12:1–4

4. Mourning Produces Worship

The believer mourns because sin required Christ's death. Yet mourning ultimately leads to worship because Christ bore our judgment and gave us His righteousness.

The study repeatedly emphasized:

- We work against sin,
- while resting in Christ's finished work.

Gospel Reminder

Our comfort is not found in how deeply we mourn, but in the Savior who receives mourners.

Comfort for Those Who Mourn

Jesus promises comfort to His people.

This comfort includes:

Forgiveness

“If we confess our sins, He is faithful and just to forgive...” (1 John 1:9)

Assurance

The Holy Spirit is given as God's seal and guarantee.

Peace

Romans 5:1 reminds believers that justification by faith brings peace with God.

Sanctification

God will complete the good work He began in His people.

Practical Applications

Practical Ways to Express Godly Mourning

The discussion highlighted several practical responses to conviction:

1. Confess Sin to God

Do not hide your sin like Adam and Eve in the garden.

2. Seek Reconciliation

When appropriate, confess wrongs to others and pursue peace.

3. Participate in Church Life

Do not withdraw from the body because of shame. The church is where grace is proclaimed and believers are strengthened.

4. Approach Communion Thoughtfully

Communion reminds believers that Christ's body was broken for sin and His blood was shed for forgiveness.

5. Make War on Sin

Remove opportunities for temptation and pursue holiness intentionally.

Warnings from the Study

Outward Actions Cannot Save

The study warned against trusting outward acts instead of Christ Himself.

Examples discussed:

- emotional displays,
- ritual actions,
- communion misunderstood,
- public confession for appearance's sake.

True mourning comes from a transformed heart—not merely external behavior.

Discussion Questions

1. What is the difference between worldly sorrow and biblical mourning?
2. Why is conviction actually evidence of God's grace?
3. How does understanding God's holiness deepen our view of sin?
4. What are practical ways we "make war" on sin?
5. Why does the gospel provide comfort even while we mourn?
6. How can the church help believers fight sin together?
7. Why is it dangerous to trust outward religious actions instead of Christ?

Family Worship Section

Read Together

- Matthew 5:1–12
- Psalm 51
- Romans 5:1–11

Simple Family Discussion

For Younger Children

- What is sin?
- Why should sin make us sad?
- Who forgives our sin?
- What did Jesus do for sinners?

For Older Children

- Why does the Bible say mourning can be “blessed”?
- What is the difference between feeling sorry and truly repenting?
- How does the gospel comfort Christians?

Family Prayer Prompt

“Lord, help us hate our sin because it is against You. Thank You that Jesus died for sinners and gives comfort, forgiveness, and peace to all who trust in Him. Teach us to confess quickly, repent sincerely, and walk together in holiness. Amen.”

Key Takeaways

- Poverty of spirit leads to mourning over sin.
- Sin is never small because it is against a holy God.
- Godly mourning includes hatred of sin and warfare against it.
- Christians mourn, but not without hope.
- Christ comforts mourners through forgiveness and grace.
- Sanctification involves both grieving sin and rejoicing in Christ’s victory.

Powerful Quote from the Study

“The Christian mourns their sin because we understand that our sin required our Lord’s death to atone for us.”