

## INTRO

Name a favourite “comfort” food?  
Or a favourite “comfort” item of clothing?  
Is there a story behind that choice?

## READ

- Matthew 5:1-11

Our reading is the opening words of the Sermon on the Mount. Jesus is showing us what life in His kingdom looks like.

We will focus on verse 4, “Happy, blessed, and to be envied are those who mourn, for they shall be comforted.”

## REFLECT &amp; RESPOND

## 1. Our Entrance

One way to consider the Beatitudes is as follows:  
Beatitudes 1-4 show us how we enter the kingdom (poor, mourning, meek, hungry)  
Beatitudes 5-8 show us how we live in the kingdom (merciful, pure, peacemaker, persecuted)

## Enter with mourning:

- we acknowledge the separation between us and God — that we are poor in spirit
- we mourn attempts to live without Jesus; to live according to our own morality, goodness, religion, or rules
- repentance: sorrow for sins, sincere regret or remorse

The prophet Jeremiah described this transformation from mourning to joy.

“I will turn their mourning into joy; I will comfort them, and give them gladness for sorrow.”

*Qu: In your experience entering into God’s Kingdom, describe, if you can, this joy and gladness that follows repentance.*

## 2. Our Treasure

Times of sadness and mourning remind us of what is important in our lives — of our true treasures.

The Message puts it like this:

“You’re blessed when you feel you’ve lost what is most dear to you. Only then can you be embraced by the One most dear to you.”

*Qu: Describe a loss (perhaps of the last 19 months) that has reminded you of what is most important to you. Would you say because of this you are happier (blessed)?*

*Qu: Has sorrow, loss or mourning ever been confusing to you? Made you question your faith? Or the existence of God?*

## 3. Our Promise

Jeremiah the Old Testament prophet said this in reference to God’s people, “I (God) will turn their mourning into joy; I will comfort them, and give them gladness for sorrow.”

When we mourn, God will bring comfort.

The Apostle Paul wrote that God “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.”

*Qu: Can you think of a time where, because of your experience of God’s comfort, you were able to comfort someone else?*

## PRAY

- pray we would pursue and experience God’s path to happiness
- pray for opportunities to comfort those who are mourning