

# **“Blessed Are Those Who Mourn”**

(Compiled by Paul R. Blake)

## Introduction:

- A. Matt. 5:4 - “Blessed are those who mourn, For they shall be comforted.”
  - 1. Mourning over one of two things:
    - a. Either those who are afflicted with the loss of friends or possessions are blessed
    - b. Or that they who mourn over sin are blessed
  - 2. As Christ came to preach repentance, to teach us to mourn over our sins and forsake them, it is likely He meant the second. It is the deeper and more important meaning of the two - 2Cor. 7:10.
  - 3. At the same time, only the gospel can give true comfort to those in affliction - Isa. 61:1-3
  - 4. All other sources of consolation do not reach the deep sorrows of the soul. They may blunt the pain; they may produce a reluctant submission to circumstances we cannot change; but, they do not point to the true sources of comfort
    - a. God the Father - 2Cor. 1:3-4
    - b. Jesus Christ, His Son - Matt. 11:28-30
    - c. The Holy Spirit - John 14:26
    - d. And our hope of heaven - Rev. 21:4 (Barnes Notes)
- B. Mourning is a good thing in the right place - Ecc. 3:4
  - 1. “Tears shed for another person are not a sign of weakness. They are a sign of a pure heart.” (José N. Harris, *Mi Vida*)
  - 2. “There need not be a purpose to a person's death, other than that they have lived the length of their days on this Earth and now begin the longer part of their existence.” (Brian M. Holmes, *What Are You Crying About? Defeating Grief for Christians*)
  - 3. “Grieving needs space, and it needs so much time. And it needs to be done; it cannot be trodden round or not looked in the eye.” (Susan Fletcher)
  - 4. “I will not say: do not weep; for not all tears are an evil.” (J.R.R. Tolkien, *The Return of the King*)
  - 5. “The darker the night, the brighter the stars, The deeper the grief, the closer is God!” (Fyodor Dostoyevsky, *Crime and Punishment*)

## **I. WHAT DOES IT MEAN TO MOURN?**

- A. Natural mourning or sorrow is part of the healing process when we suffer great loss or pain; it is experienced by everyone at some point in life - Gen. 23:1-3
- B. Unnatural sorrow or mourning because it has the opposite effect of what God designed it to accomplish
  - 1. Unnatural sorrow is destructive rather than healing, and prevents a person from coping with loss or pain in a healthy manner
  - 2. 2Sam. 18:33, 19:1-8 - David's grief did not reflect the evil of Absalom's rebellion nor Israel's danger

- C. Spiritual mourning - The one who mourns is in the same condition as the poor in spirit and the meek. They know they are in sin, that sin has separated them from God and from peace of mind, and that they cannot do anything about it without God's help
  - 1. One mourns when he gets a clear look at himself in contrast to God; one thing stands out above all else: That God is holy and glorious, set apart in righteousness, power and wonder; and, man is marred by sin and shares none of those things in common with God
  - 2. Isa. 6:1-3; Job 42:5-6; Dan. 9:4-8
- D. What is the cause of their mourning?
  - 1. Their own sins separate them from God - Isa. 59:1-2; Rom. 6:23
  - 2. It is also mourning over the condition of the world because of sin; death, pain, loss, and suffering entered this world when sin entered, and they remain and increase as sins multiply.

## **II. MOURNING MANIFESTED IN THE LIFE OF JESUS**

- A. There is no text that speaks of Jesus laughing; He understood the serious nature of His mission and work in this fallen world
  - 1. Isa. 53:3-4; John 11:33-35; Luke 19:41-44
  - 2. If Jesus grieved over the condition of this world because of sin, shall not we who follow Him sorrow as well, especially as we bear the responsibility for those sins
- B. It was to provide forgiveness from sin and relieve us from the conditions and consequences of our sins that Jesus came to die on the cross
  - 1. Acts 5:31; Eph. 1:7

## **III. MOURNING IS NOT AN UNENDING CONDITION**

- A. Mourning is the beginning of faith. It causes us to honestly face our condition before God
  - 1. It causes us to regret the sin that severed our relationship
  - 2. It moves us to do something about our condition in sin
  - 3. It moves us to turn to God for help to relieve the condition of sin
- B. Consider the role of mourning in the plan of salvation
  - 1. Repenting of our sins - 2Cor. 7:9-10
    - a. Sorrow is not repentance, but it produces repentance
  - 2. Confessing our sins as stumbling Christians - James 5:16; 1John 1:9-10
    - a. Sorrow is not acknowledging our sins, but moves us to acknowledge them

Conclusion: Ecc. 7:2-4

- A. When is the last time you sorrowed over the situation of the world?
- B. More importantly, when is the last time you sorrowed over your own sins?
- C. Only those who mourn are in touch with the reality of sin and its destructive effects in their lives
- D. Mourners are ready for a solution to sin; they are open to God and His answer to the problem of sin