



WEEK #2: Happy Are the Sad

When he saw the crowds, he went up on the mountain, and after he sat down, his disciples came to him. Then he began to teach them, saying:

The Beatitudes

"Blessed are the poor in spirit, for the kingdom of heaven is theirs.

Blessed are those who mourn, for they will be comforted.

Blessed are the humble, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are those who are persecuted because of righteousness, for the kingdom of heaven is theirs.

You are blessed when they insult you and persecute you and falsely say every kind of evil against you because of me. Be glad and rejoice, because your reward is great in heaven. For that is how they persecuted the prophets who were before you."

Matthew 5:1-12 (CSB)

God doesn't expect me to be _____ all the time.

There is a time for everything, and a season for every activity under the heavens: ... a time to weep and a time to laugh, a time to mourn and a time to dance.

Ecclesiastes 3:1,4 (NIV)

How does God comfort broken hearts?

God brings us _____ to himself.

The Lord is close to the brokenhearted and he saves those whose spirits have been crushed.

Psalm 34:18 (NCV)

God grieves _____.

The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the suffering and afflicted. He has sent me to comfort the brokenhearted, to announce liberty to captives, and to open the eyes of the blind. He has sent me to tell those who mourn that the time of God's favor to them has come, and the day of his wrath to their enemies. To all who mourn in Israel he will give: beauty for ashes; joy instead of mourning; praise instead of heaviness. ...

Isaiah 61:1-3 (TLB)

Jesus saw her weeping, and he saw how the people with her were weeping also; his heart was touched, and he was deeply moved. Jesus wept. "See how much he loved him!" the people said.

John 11:33, 35-36 (GNT)

God gives us a _____ for support.

...even though we are many individuals, Christ makes us one body and individuals who are connected to each other. Be devoted to each other like a loving family. ...Be happy with those who are happy. Be sad with those who are sad.

Romans 12:5,10,15 (GW)

God uses grief to help us _____.

Don't run from tests and hardships, brothers and sisters. As difficult as they are, you will ultimately find joy in them; if you embrace them, your faith will blossom under pressure and teach you true patience as you endure. And true patience brought on by endurance will equip you to complete the long journey and cross the finish line—mature, complete, and wanting nothing.

James 1:2-4 (VOICE)

God gives us the hope of _____.

And now, dear brothers, I want you to know what happens to a Christian when he dies so that when it happens, you will not be full of sorrow, as those are who have no hope.

1 Thessalonians 4:13 (TLB)

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He will wipe away every tear from their eyes and eliminate death entirely. No one will mourn or weep any longer. The pain of wounds will no longer exist, for the old order has ceased.

Revelation 21:4 (TPT)

God uses our pain to _____.

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

2 Corinthians 1:4 (NLT)

Discussion Questions:

1. How have you experienced, or are you currently experiencing, life's challenges that cause you sorrow? On whom or what have you tended to lean on for support, and how?
2. Do you tend to rush through pain or do you take the time to lament and mourn? How would mourning your own pain help you to connect to others who are suffering?
3. How have you been able to find purpose in your pain?

Recommended Resources

- *The Good Life: What Jesus Teaches about Finding True Happiness*, by Dr. Derwin L. Gray
- *The Fight to Flourish*, by Jennie Lusko
- *Sermon on the Mount (The Story of God Bible Commentary)*, by Scot McKnight
- *Beatitudes Series: Enjoying Everyday Life Podcast*, by Joyce Meyer
- *Understanding the Sermon on the Mount (Messages of Christ)*, YouTube

Bible Translations Used

GW (God's Word Translation) GNT (Good News Translation) TPT (The Passion Translation)
NCV (New Century Version) NLT (New Living Translation) VOICE (The Voice Translation)
TLB (Living Bible) NIV (New International Version)