



WEEK #2: Happy Are the Sad

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

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

*Blessed are the meek
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 children of God.*

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

*Blessed are you when people insult you, persecute you and falsely say all kinds
of evil against you because of me. Rejoice and be glad, because great is your
reward in heaven, for in the same way they persecuted the prophets who were
before you."*

Matthew 5:3-12 (NIV)

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)



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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)

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
- *Jesus's Sermon on the Mount and His Confrontation with the World*, by D.A. Carson
- *A Tearful Celebration: Finding God in the Midst of Loss*, by Dr. James Means
- *Walking with God through Pain and Suffering*, by Timothy Keller