

“THE KEYS TO A BLESSED LIFE”

Big Idea . . . Part 3: Blessed are the Sad (Matt. 5:4)

INTRO: Who has not been sad over the pains of life? Grief is part of life. Look at David (Psa. 55:6-8). He wanted to run and hide to escape. In times like these what is it we want most? COMFORT! Jesus says in this second Beatitude, “Blessed are the sad, for they will be comforted.” We wonder how this could ever be so. The very words: *blessed*, *mourn*, and *comfort* contradict. We’d like to edit to, “Blessed are those who have no sadness.”

I. WHAT DOES IT MEAN TO MOURN?

The Bible talks about different kinds of sadness or mourning:

- A. *GENERAL or NATURAL* sorrow (Proper mourning) - Grief comes to all. Life in a fallen world whether saved or lost, rich or poor, young or old. This is why God created us with the ability to mourn. In fact, the ability to cry is a gift from God to help us in our sadness. It even has a healing effect. Scripture full of examples of natural mourning, which is not sinful (Abraham, David, Jeremiah, Timothy, Paul, and Jesus). We naturally mourn over broken dreams and personal tragedies.
- B. *UNNATURAL or SINFUL* sorrow (improper mourning). Some tears are not blessed. This kind of sorrow effects us opposite of what God wants. Examples:
 1. Unfulfilled sinful desires (Ahab was greedy; Amnon was lustful).
 2. Unwillingness to let go (selfishness).
 3. Unconfessed sins bring guilt and grief (Psa. 32:3).
 4. Sorrow over getting caught or experiencing the consequences of sin.
- C. *SUPERNATURAL or GODLY* sorrow that leads to repentance and godliness. *This is the mourning Jesus has in mind in the second B.* It is grief over personal failures and sins. Jesus uses here the strongest word of 9 in Greek for mourning (over the dead).
 1. This is *natural outcome* of recognizing my spiritual poverty. When we are *intellectually* convinced of our spiritual bankruptcy, the right *emotional* response is mourning - to be broken over our destitute condition. The poor in spirit cry, “I see my sin!” Those who mourn cry, “I’m so sorry!” Lucado p. 51 . . .
 2. *2 Cor. 7:9-10* Godly sorrow leads to true repentance *NOT* over getting caught or the painful consequences, but over the sin itself as an affront to a holy God who loves us. It is personal sorrow over personal sins that bring repentance.
 3. *Examples:* David (Ps. 32:3-5; 51:5); Isaiah (Isa. 6:5); contrast Peter & Judas (Matt. 26:75-27:5)

- D. This second B is *NOT*, “Blessed are the moaners, crybabies, morose, sullen etc.” It is, “Blessed are those who not only see their sins but are broken over them.”

II. WHAT IS THE PROMISE TO THOSE WHO MOURN? “...They will be comforted.” Mourners are not blessed because they mourn, but because they are comforted.

A. “How so?” *FORMS* of “Comfort”:

1. *Conversion* - initial forgiveness & salvation. This attitude is essential to entering the KOH.
2. *Cleansing* and forgiveness continues (1 Jn. 1:9) - “Oh the comfort of knowing you’re a forgiven sinner!”
3. *Companionship* with the God of Comfort (2 Cor. 1:3-4). He hears our cries, helps us, meets our needs (Psa. 50:15; Isa. 55:6-7; 61:1-2).

B. Other *SOURCES* of comfort:

1. Holy Spirit (Jn. 14:16)
2. Scripture (Rom. 15:4)
3. Others (2 Cor. 1:4; 7:6)

III. HOW CAN I BECOME A MOURNER?

- A. Recognize all sins. Unconfessed sins harden hearts. All of us fail at times. “Blessed are the poor in spirit...” (5:3)
- B. Look at the cross and see what sin can do!
- C. Study sin in the Bible. Learn to hate it like God.
- D. Pray for a broken spirit.

ILLUS: - Three words spell blessedness; “Lord, forgive me!”

IV. HOW CAN I KNOW IF I’M A MOURNER?

- A. Am I sensitive to and sorry over sins in *my* life?
- B. Do the sins of *others* break my heart? Jesus wept!
- C. Do I live with a sense of joy over knowing God’s comforting forgiveness? Forgiven self?
- D. Are you able to let the sorrows of life (natural and supernatural) be tools to help you grow spiritually?

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CONC: Matt. 5:4 says...Have you been broken? Are there things in your life where you need to say, “Lord, forgive me!” The Bible says God keeps our tears in a bottle (Psa. 56:8). The Psalmist promised in 30:5 and 126:5...And one day, “he will wipe away every tear...no more mourning, or crying, or pain...” What a day that will be!