

## Kingdom Principles: The (BE)Attitudes

Matthew 5:4 - Blessed are those who mourn, for they will be comforted.

### Sermon Notes:

1. Last week, we learned from Matthew 5:3 that those who live dependent on God receive God's rule and experience freedom in their lives. We learned that we are increasingly growing in our dependence if we are willing to take more risks to please God, give grace more freely, and are more at peace with not knowing our futures.
  2. To mourn or lament is to demonstrate deep regret or sorrow. Just like our bodies force us at times to slow down to recover if injured, those who follow Christ are invited to give time and space to grieve in the midst of their pain and sorrow that can come from various realities. From losing a loved one to feeling rejected after a breakup, the practice of lament provides the opportunity from God to comfort or alleviate our pain.
  3. Jesus shows us that mourning is not only tied to going through pain. Jesus withdrawing to pray after His cousin John the Baptist was beheaded indicates we are invited to mourn over the injustices around us. Jesus crying when Lazarus died challenges us to "weep with those who weep." Jesus' actions on the cross show us that complaining to God and refusing to numb ourselves with wine are healthy practices to adopt when we are hurting from walking in faith! Christians have been given a great privilege of teaching the world the power of lament; we are transformed through the comforting presence of God when we grieve toward Him.
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### Indicators of Mourning Well:

1. We are growing to appreciate and are willing to offer a listening ear.
2. Silence is becoming a practice in our daily living.
3. There's growing courage to face pain in ourselves and in others instead of depending on things and people to numb us from it.

**Questions to Consider:** What most upsets you about yourself? What most upsets you about the world?  
What does Christ's comfort look like there?

### Actions this week:

1. Memorize Matthew 5:3 and Matthew 5:4. Study the sermon for context.
2. From Tuesday to Thursday (3 days) join our church as we all commit to give up something we depend on to make more space for God to speak to us. It could be social media, TV, coffee, video games, or even a type of food (which would be called fasting). There's nothing inherently wrong with these things but they could become ways to escape what we need to deal with.

\*This works best when we share what we intend to do with our community for support and accountability\*

### Quotes to Consider:

*Too often the price exacted by society for security and respectability is that the Christian movement in its formal expression must be on the side of the strong against the weak.* - Howard Thurman

*The great illusion of leadership is to think that man can be led out of the desert by someone who has never been there.* - Henri Nouwen

*Weep for yourselves, till He wipes away the tears from your eyes. And even then, weep for the miseries that come upon the earth, till the Lord of all shall put a period to misery and sin, shall wipe away the tears from all faces, and the knowledge of the Lord shall cover the earth, as the waters cover the sea.* - John Wesley

*Rioting is the language of the unheard.* - Martin Luther King, Jr.