

UPSIDE N M O Q

The Beatitudes of Jesus

Blessed Are Those Who Mourn | January 21, 2024

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

LOOK _____ – WE MOURN OVER OUR _____ SINS.

Psalm 51:3-4; 17 *For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. ...My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.*

Psalm 139:23-24 *Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*

Practice: Open yourself up to God’s loving discipline; asking the Holy Spirit to reveal any offensive way in you.

LOOK _____ – WE MOURN OVER THE SINS OF OUR _____.

Ezra 9: 1-6 *After these things had been done, the leaders came to me and said, “The people of Israel, including the priests and the Levites, have not kept themselves separate from the neighboring peoples with their detestable practices, like those of the Canaanites, Hittites, Perizzites, Jebusites, Ammonites, Moabites, Egyptians and Amorites. They have taken some of their daughters as wives for themselves and their sons, and have mingled the holy race with the peoples around them. And the leaders and officials have led the way in this unfaithfulness.”*

When I heard this, I tore my tunic and cloak, pulled hair from my head and beard and sat down appalled. Then everyone who trembled at the words of the God of Israel gathered around me because of this unfaithfulness of the exiles. And I sat there appalled until the evening sacrifice.

Then, at the evening sacrifice, I rose from my self-abasement, with my tunic and cloak torn, and fell on my knees with my hands spread out to the Lord my God and prayed: “I am too ashamed and disgraced, my God, to lift up my face to you, because our sins are higher than our heads and our guilt has reached to the heavens.

Practice: Sit with difficult news long enough to feel it. Allow God to catch your heart as you process the pain and brokenness.

**LOOK _____ – WE ANTICIPATE THE _____
COMFORT OF JESUS.**

Isaiah 61:1-4 *The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord’s favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.*

Revelation 7:17 *For the Lamb at the center of the throne will be their shepherd; ‘he will lead them to springs of living water.’ ‘And God will wipe away every tear from their eyes.’*

Practice: Sit with God and imagine his complete comfort coming to you. Allow yourself to hope and anticipate that day when God will wipe every tear away.

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