

Family Study Guide

Those Who Mourn | Matthew 5:4

BIG IDEA

God comforts us when we honestly bring Him our sin, sadness, and the broken things we see around us.

Time: 15-20 minutes **You need:** a Bible, paper, and crayons/pencils (optional)

1. Begin Together (2 minutes)

Ask: "What do people do when they feel sad or when something is wrong?" Let everyone answer. Then say: "Jesus does not tell us to hide our sadness or our mistakes. He invites us to bring them honestly to Him."

2. Read God's Word (2 minutes)

"Blessed are those who mourn, for they shall be comforted." Matthew 5:4

Explain: "Mourning means feeling deep sadness. Jesus cares about our hurts. He also wants us to be sorry when we sin, tell Him the truth, and turn back to Him. His comfort is for people who come to Him."

3. Talk About It (6-7 minutes)

- What are some sad or broken things you notice in the world or in people's lives?
- What is the difference between making an excuse and saying, 'I was wrong'?
- When we make a wrong choice, what can we do next?
- How does it help to know that Jesus welcomes us when we come honestly to Him?

For younger children: Ask, "When you make a wrong choice, can you tell Jesus?" "Does Jesus want us to hide, or come to Him?"

4. The Turn-Toward-God Activity (4-5 minutes)

Give each person a sheet of paper. On one side, draw or write a sad or broken thing they see. On the other side, draw or write a way they can turn toward God: pray, tell the truth, ask forgiveness, or show kindness.

Let each person share only what they are comfortable sharing. Say: "Being sorry is not the end of the story. When we turn to Jesus, He forgives, helps, and comforts us."

5. Remember and Pray (3 minutes)

Say together: "Jesus, when I am sad or when I sin, I can come to You. You are my comfort."

Prayer: "Jesus, thank You that You see every sad and broken thing. Help us to be honest when we make wrong choices. Forgive us, comfort us, and help us turn toward You. Amen."

THIS WEEK: When you make a wrong choice, practice saying: "Jesus, I was wrong. Please forgive me and help me choose what is right."

Link to recommended 5-Minute Family Devotional: Kid-Friendly Devotions for Growing with God below:

<https://www.amazon.com/5-Minute-Family-Devotional-Kid-Friendly-Devotions/dp/1685391427>