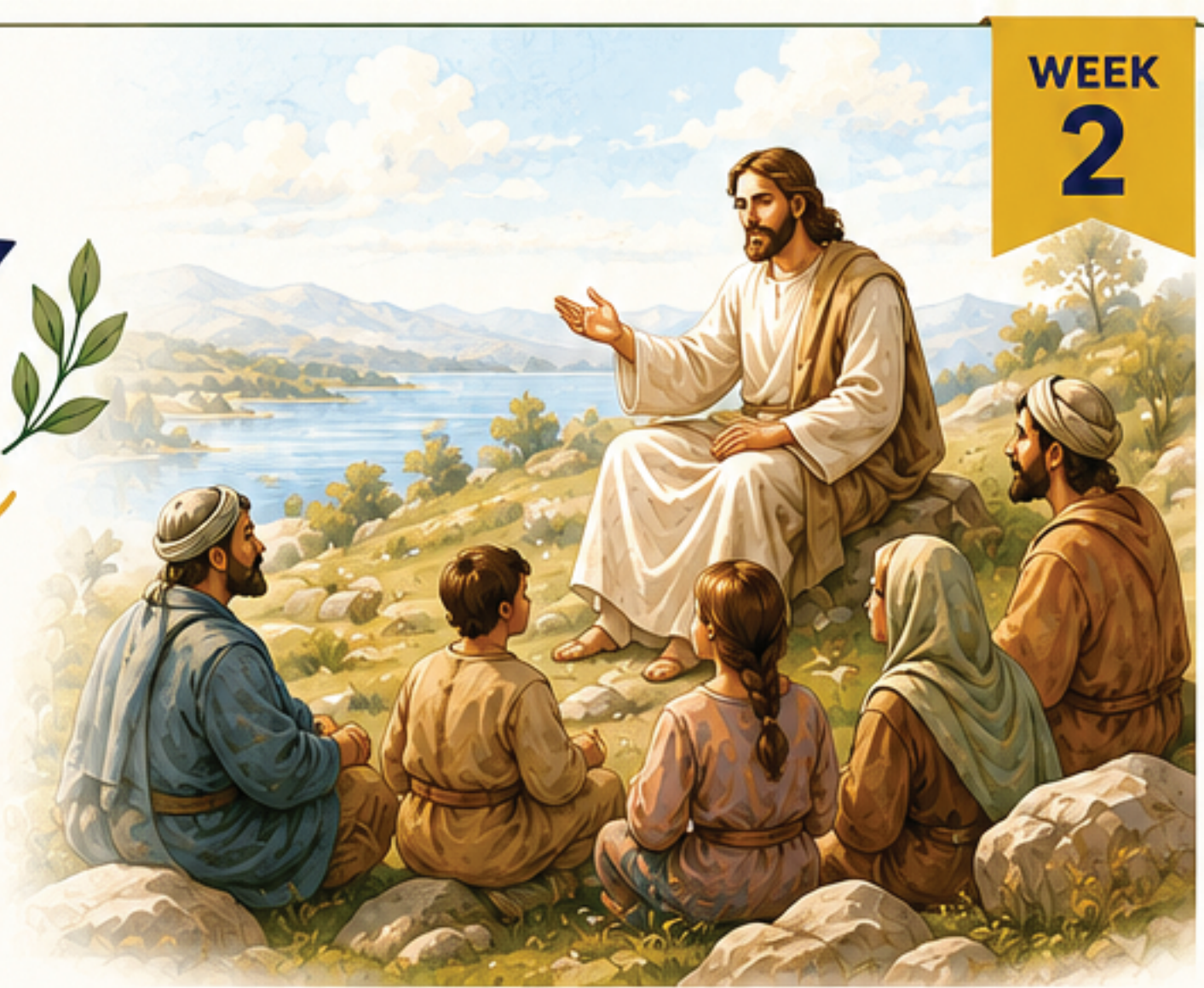


FAMILY Faith Guide

THE BEATITUDES
BLESSED ARE THOSE
WHO MOURN,
for they shall be comforted.

MATTHEW 5:4



1 READ TOGETHER

Read aloud as a family.



Matthew 5:1–12



Psalms 51:1–12



2 Corinthians 7:10

MAKE IT A HABIT



Spend 15–20 minutes
together as a family
this week.
It will make a
difference!

2 FAMILY CONVERSATION



FOR YOUNG CHILDREN

- What makes you sad?
- Why does God want us to tell Him when we've done wrong?
- What happens when we ask Jesus to forgive us?



FOR OLDER CHILDREN & TEENS

- What's the difference between feeling guilty and truly repenting?
- Why do people try to hide their sin?
- How does Jesus bring comfort after repentance?



FOR ADULTS

- Is there an area where I've been making excuses instead of confessing?
- Am I more critical of others than honest about my own heart?
- Who needs my forgiveness this week?

4 FAMILY ACTIVITY

THE BACKPACK

Find a backpack. Place several heavy books inside. Have someone carry it.



Ask: "Is this easy?"

Explain: Sin becomes a heavy burden.

Then remove each book one at a time while reading:



*"If we confess our sins,
He is faithful and just to forgive us..."*

1 JOHN 1:9



Explain: Jesus removes the burden we could never carry ourselves.



Big Idea

When we are sad because of our sin, Jesus comforts us and gives us peace. He understands our sorrow and walks with us through it.



Bible Examples

- **David** — He was sorry for his sin and asked God for forgiveness (Psalm 51).
- **Peter** — He cried after denying Jesus, then Jesus forgave him (Luke 22:61–62; John 21:15–19).
- **The Prodigal Son** — He was sorry and went back to his father, who welcomed him (Luke 15:17–20).



What Does 'Mourn' Mean?

- Mourn means to feel deep sadness.
- Godly sorrow happens when we realize we've sinned and want to turn back to God.
- It is different from just being upset about small problems.
- Godly sorrow leads us to ask for forgiveness and change our hearts.



Talk About It

1. How do we know if we have godly sorrow?
2. What should we do when we are sorry for our sin?
3. How can we trust that God will forgive us?
4. Who can we talk to when we feel sad because of our sin?



Family Challenge

This week, practice the "empty hands prayer." Open your hands and pray: "Lord, I need You. Thank You for Your mercy through Jesus." Then name one way you will depend on God that day.



Prayer

Lord Jesus, we come to You with empty hands. Forgive our sin and take away our pride. Teach our family to depend on You, trust Your mercy, and remember that Your approval comes by grace. Thank You that the kingdom of heaven belongs to those who come to You in faith. Amen.



Family Faith Guide

★ The Beatitudes – Week 2 ★

Blessed Are Those Who Mourn

Matthew 5:4



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

— Matthew 5:4



Big Truth

God sees our sadness and cares about our hearts. He gives us comfort and helps us heal.



Kingdom Steps

1. Mourn — I feel sad.
2. Talk to God — I tell Him how I feel.
3. Trust God — He comforts me.



What Does Mourn Mean?

- It means feeling very sad.
- It can happen when we lose someone we love or when something hurts.
- God understands and comforts us.
- His comfort brings peace to our hearts.



Bible Examples

David — cried when his son died (2 Samuel 12).

Hannah — cried because she was sad and God heard her prayer (1 Samuel 1).

Jesus — cried when His friend Lazarus died (John 11:35).



Talk About It

1. What makes you feel very sad sometimes?
2. What helps you when you feel sad?
3. How does God comfort you?
4. Who can you talk to when you need comfort?



Kids Challenge

Try the “Comfort Jar” this week:

- 1 Share how you feel.
- 2 Pray and ask God for comfort.
- 3 Do something kind for someone else.

Ask: “Jesus, thank You for comforting me.”



Prayer

Dear Jesus, thank You that You see my sadness.

Please comfort me when I feel sad. Help me trust You and feel Your peace.
Thank You that You care about me. Amen.

