

THE BEATITUDES

02

# Those Who Mourn

When the Kingdom Mourns

MATTHEW 5:4

EXTENDED STUDENT WORKBOOK

THE BEATITUDES SERIES • STUDENT STUDY WORKBOOK

## 02: Blessed Are Those Who Mourn

*When the Kingdom Mourns | Matthew 5:4 (CSB)*

*Expanded Student Study Guide*

### 1. Overview & Main Idea

**Primary Passage:** Matthew 5:4 "Blessed are those who mourn, for they will be comforted."

**Series Context:** The Beatitudes are not a self-improvement checklist or spiritual stairs to climb to earn God's favor. They are announcements of covenant blessing bestowed upon those who enter the kingdom through King Jesus. Following Beatitude 01 ("Poor in Spirit", empty hands), Beatitude 02 turns inward to the emotional and spiritual posture of those whose hands are empty: *they mourn over sin, suffering, death, and cosmic brokenness.*

**The Big Picture:** Jesus startles the world by declaring that mourners are blessed, not because grief itself is pleasant, but because God's kingdom brings divine comfort (paraklēsis) that guarantees sorrow, sin, and death will one day find healing and resolution. Kingdom citizens don't fake happiness, minimize evil, or numb their pain; they bring their heartbreak to the King who is weeping with them now and promises to remake all things.

**Key Takeaway:** You don't have to put on a spiritual mask or pretend you have everything together. Honest lament over personal sin, broken relationships, and personal loss is proof of spiritual vitality. Bringing your grief to Jesus opens the door to divine comfort.

### 2. Scripture Focus & Observation

#### ♦ KEY SCRIPTURE PASSAGES (CSB)

*Matthew 5:4, Isaiah 61:1–3, Psalm 34:18, Romans 8:22, 23b, Revelation 21:4*

**Contextual Notes:** When Jesus spoke Matthew 5:4 on the mountain, His Jewish hearers immediately recognized Isaiah 61. For centuries, Israel had groaned under foreign oppression, exile, and spiritual decay. Isaiah 61 promised that the Messianic King would arrive to "comfort all who mourn." By announcing blessing upon mourners, Jesus is claiming: **The long-awaited King is here, and the comfort of the kingdom has arrived in Me.**

**Verse Mapping 1: Look at Isaiah 61:1–3 and Revelation 21:4.** What specific exchanges does God make for those who mourn (e.g., ashes for beauty)? What does this reveal about God's character?

 *Student Response / Notes:*

**Verse Mapping 2:** Read Matthew 5:4 alongside Psalm 34:18. How does God respond to a broken heart compared to how world culture usually reacts to weakness?

 *Student Response / Notes:*

### 3. Key Word Studies & Concepts Unpacked

#### 1. **Penthoūntes - Deep, Active Lament**

The Greek verb *pentheō* represents the strongest, most intense word for grief in the New Testament. It is not mild disappointment, fleeting sadness, or a bad mood. It denotes the visceral heartbreak felt at the death of a loved one (e.g., Jacob grieving Joseph in the Septuagint). In Matthew 5:4, it is a present active participle, describing a continuous, ongoing sensitivity to sin and suffering.

**Quick Check:** How is biblical penthoūntes (active holy grief) different from worldly depression, pessimism, or constant complaining?

 *Student Response / Notes:*

## 2. Paraklēthēsontai - Divine Comfort

Derived from *parakaleō* (para = beside, kaleō = to call). It literally means "to be called alongside to strengthen, encourage, and relieve." This is a divine passive verb ("they will be comforted by God"). It is not cheap sympathy or saying "there, there, everything happens for a reason." It is God Himself stepping into history to remake broken reality and wipe away tears.

**Quick Check:** What difference does it make in your daily trials to know that kingdom comfort is God stepping beside you rather than an abstract sentiment?

 *Student Response / Notes:*

## 3. Holy Sorrow vs. Worldly Despair (2 Corinthians 7:10)

Paul contrasts godly grief (*lupē*) with worldly grief. Worldly grief focuses on wounded pride, fear of getting caught, or hopeless cynicism ("I ruined my life"). Godly grief focuses on God's hurt honor, broken communion, and leads to life-giving repentance without regret.

**Quick Check:** Have you ever experienced the difference between feeling sorry you got caught versus grieving how your actions dishonored God or hurt others?

 *Student Response / Notes:*

## 4. Core Lesson Breakdown

### Point 1: Blessing a Heart Awakened to Brokenness

The world avoids sadness at all costs through constant entertainment, toxic positivity, and digital distraction. But Jesus calls those who mourn "blessed" because grief is proof that your heart is alive. Dead nerve endings feel no pain; a dead soul feels no grief over sin. Mourning shows that your moral vision aligns with God's.

### Point 2: The Four Dimensions of Kingdom Grief

- **Grief Over Personal Sin:** Grieving how rebellion damages our communion with God and distorts His image in us. Grace makes it safe to face sin without hiding.
- **Grief Over Societal Injustice & Evil:** Mourning over systemic oppression, abortion, racism, broken families, trafficking, and spiritual blindness in our schools and culture.
- **Grief Over Ordinary Loss & Death:** Weeping over sickness, bereavement, and tragedy. Jesus wept at Lazarus's tomb (John 11:35) even though He was about to raise him!
- **Grief Over Cosmic Decay:** Groaning with creation (Romans 8:22) over a world fractured by the Curse, longing for the New Heavens and New Earth.

### Point 3: Cultural Myth vs. Kingdom Truth Comparison

| CULTURAL MYTH (WORLD'S WAY)                                                | KINGDOM TRUTH (JESUS' WAY)                                                             |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Always stay positive, hide weakness, and put on a happy filter.            | Honest lament is proof of spiritual vitality; God draws near to the brokenhearted.     |
| Numb emotional heartbreak through entertainment, scrolling, or substances. | Bringing heartbreak to King Jesus opens the door to genuine divine comfort.            |
| Sin is no big deal if no one gets hurt; ignore your moral failures.        | Personal sin distorts God's image in us; grieving sin leads to life-giving freedom.    |
| Grief is a sign of weak faith or spiritual failure.                        | Jesus wept openly; holy mourning reflects the compassionate heart of God.              |
| Sorrow, loss, and death have the ultimate final word.                      | The resurrection guarantees that divine comfort will permanently wipe away every tear. |

**Personal Reality Check:** Which cultural myth about grief or pain do you find yourself defaulting to most often? How does Jesus' promise in Matthew 5:4 challenge that habit?

 *Student Response / Notes:*

## 5. Extended Canonical Deep-Dive Modules (Leader Edition)

*These deep-dive modules connect Matthew 5:4 and mourning to the overarching story of the Bible, from Genesis to Revelation, providing rich material for multi-day personal quiet times or small group leadership.*

### Module A: The Origin of Tears & The Genesis Fall (Genesis 3:14–19)

#### ♦ MODULE A SCRIPTURE FOCUS

*"To the woman he said: 'I will intensify your labor pains; in pain you will bear children. Your desire will be for your husband, and he will rule over you.' And to the man he said: 'Cursed is the ground because of you; through painful toil you will eat of it all the days of your life... by the sweat of your brow you will eat bread until you return to the ground, for out of it you were taken.'"*

— Genesis 3:16–17, 19 (CSB)

Tears were not part of Eden's original design. Pain, death, strain, and relational fracture entered creation through human rebellion. To mourn is to acknowledge that the world is not the way it was created to be.

**Reflection:** How does understanding the Genesis Fall prevent us from blaming God for human suffering, and instead move us toward holy lament?

 Student Response / Notes:

## Module B: The Anointed Comforter Announced (Isaiah 61:1–3 & Luke 4:16–21)

### ♦ MODULE B SCRIPTURE FOCUS

*"He came to Nazareth, where he had been brought up. As was his custom, he went into the synagogue on the Sabbath day and stood up to read. The scroll of the prophet Isaiah was given to him, and unrolling the scroll, he found the place where it was written: 'The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor... to proclaim freedom to the captives... Today this Scripture has been fulfilled in your hearing.'"*

— Luke 4:16–18, 21 (CSB)

When Jesus opened His public ministry in Nazareth, He read Isaiah 61. He explicitly declared that the Messianic mandate to comfort mourners was being fulfilled in His person and mission.

**Reflection:** What does it mean for your daily anxieties to know that King Jesus personally assumed the role of the Anointed Comforter?

 Student Response / Notes:

## Module C: The Man of Sorrows Weeping (John 11:32–36 & Luke 19:41–44)

### ♦ MODULE C SCRIPTURE FOCUS

*"When Mary came to where Jesus was and saw him, she fell at his feet and said, 'Lord, if you had been here, my brother would not have died!' When Jesus saw her crying, and the Jews who came with her also crying, he was deeply moved in his spirit and troubled. 'Where have you put him?' he asked. 'Lord,' they told him, 'come and see.' Jesus wept. So the Jews said, 'See how he loved him!'"*

— John 11:32–36 (CSB)

Jesus did not stand at Lazarus's tomb with stoic detachment. Even though He was minutes away from performing a resurrection, He wept over the horror of death and the grief of His friends. He is a Savior who enters our sorrow.

**Reflection:** Why is it comforting to know that Jesus does not rebuke Mary for weeping, but weeps alongside her? How does this change your view of prayer in hard seasons?

 Student Response / Notes:

## Module D: The Final Wipe-Away of Every Tear (Revelation 21:1–5)

### ♦ MODULE D SCRIPTURE FOCUS

*"Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away... I heard a loud voice from the throne saying, 'Look! God's dwelling place is with humanity, and he will live with them. They will be his people, and God himself will be with them and be their God. He will wipe away every tear from their eyes. Death will be no more; grief, crying, and pain will be no more, because the previous things have passed away.'"*

— Revelation 21:1, 3–4 (CSB)

The ultimate fulfillment of Matthew 5:4 is eschatological. In the New Jerusalem, God Himself will tenderly wipe away every tear. Sorrow is temporary; divine comfort is eternal.

**Reflection:** How does anchoring your hope in Revelation 21 give you endurance to face present grief without falling into hopelessness or bitterness?

 Student Response / Notes:

## 6. Discussion & Heart Diagnostic Workbook

**Part 1 - Icebreaker Question:** What is a movie, book, or story that brought you to tears? Why do you think human beings are moved by stories of sacrifice or loss?

 *Student Response / Notes:*

**Part 2 - Text Observation:** Read Matthew 5:4 and Luke 6:25 ("Woe to you who laugh now"). What kind of shallow, scoffing laughter is Jesus warning against?

 *Student Response / Notes:*

**Part 3 - Heart Diagnostic 1 (The Mask Audit):** Where in your life have you been putting on a fake spiritual mask, pretending everything is okay when your heart is hurting?

 *Student Response / Notes:*

**Part 4 - Heart Diagnostic 2 (The Numbing Audit):** When stress, pain, or failure hit, what is your default numbing mechanism (e.g., gaming, scrolling, bingeing, isolation, anger) instead of bringing it to God?

 *Student Response / Notes:*

**Part 5 - Group Application:** How can our student group or campus ministry become a safe environment where people can share real heartbreaks and experience Christ's comfort without judgment?

 *Student Response / Notes:*

## 7. Weekly Action Challenge & Personal Prayer Journal

**Weekly Action Steps (Check when completed):**

☐ **The Honest Lament Exercise:** Set aside 15 minutes of uninterrupted quiet time. Write out a raw, honest psalm of lament to God about a specific personal hurt or sin, handing it over to King Jesus.

☐ **The Ministry of Presence:** Reach out to a friend or classmate who is going through a difficult season (grief, illness, family trial). Sit with them, listen without trying to fix everything, and offer to pray.

☐ **The Numbing Fast:** Fast from your primary digital numbing distraction (e.g., social media scrolling, video games) for 3 days. Use that time to sit in silence with the Lord.

**My Action Commitment:** Which of the steps above will you commit to completing this week? What specific day and time will you schedule it?

 *Student Response / Notes:*

## Guided Prayer Journal — Bringing Your Heartbreak to the Comforter

*Father God, I confess that I often hide my pain, numb my sadness, or minimize my sin. Thank You that King Jesus is the Man of Sorrows who wept over human brokenness and promises divine comfort. Here is the heartbreak, sin, or anxiety I hand over to You today...*

## Scripture Memory Challenge — Matthew 5:4

**Fill in the blanks from memory:**

**"Blessed are those who \_\_\_\_\_, for they will be \_\_\_\_\_."**  
**— Matthew 5:4 (CSB)**