

WORSHIP

SUGGESTED WORSHIP SONGS:

Praise Him, Awesome God, How Great Thou Art, Good, Good Father

WELCOME

Glad-Sad. Share at least three things that make you glad, and three things that make you sad.

WORD

MATTHEW 5:4

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

Mourning is a deep feeling of sadness, suffering and pain caused by the loss of something or someone that you love. From a purely worldly context, the effects of mourning usually include blaming others for the situation, gossiping or putting others down, amusing one's self with entertainment or running to drinking buddies and other substitutes that bring momentary escape. Nobody wants to be in mourning. It is no wonder that many are committing suicide so they could run away from the sadness and pain it brings.

Curiously, the Bible tells us that "happy are those who mourn" (**Matthew 5:4**). However, how can one be happy when trapped in deep sadness? The full verse reads as "blessed are those who mourn for they shall be comforted." For those who follow the ways of God, legit happiness comes by knowing that God has a design in life that if followed faithfully, one will experience legit happiness even in the midst of suffering. This is why the first fruit expected of a legit follower of Christ is having legit happiness. The kind of happiness that Christians experience is not just emotional. It is something well thought out and processed correctly. It is joy with a strong foundation.

So, how can one mourn God's W-A-Y?

WISE UP

'Mourn' comes from a Greek word that means to lament, with deep grief, for the death of someone you cared so much for. But mourning is not just about crying or grieving. Real mourning involves pondering, thinking and meditating.

Apparently, it is easier to choose to go to a party than to a funeral. A wise man from the Bible, however, said that it is better to go to a house of mourning than to go to a house of feasting because death is the end of

every man and the living takes it to heart (**Ecclesiastes 7:2**).

The problem is many of us do not know how to mourn. At the end of the day, this is why we ask, "Is this all there is in life?" How often do we ask ourselves whether we are actually becoming what God wants us to be? Or whether we are accomplishing what God wants us to do? We can even be pondering what brought us to where we are now. But a true follower of Christ mourns because godly sorrow leads to repentance (**2 Corinthians 7:10**). To repent is to make a choice between God and our pleasure. To mourn is to cut ourselves from the things that we repent of.

ASK GOD

When we mourn, we mourn before God. It is not to complain but to pour out our heart to Him even to the point of crying. Crying is healthy, and real men cry. Mourning is living with no pretense, acknowledging that we are human beings in need of help. It is recognizing that we are poor, that we have sinned, and that we need God.

When we are lost in distress, when we cannot find our way, when we cannot understand why things are happening the way they do, and our soul is fainting within us, we can freely cry out to the Lord and He will deliver us out of trouble. Let us cry out and humble ourselves before God as we wait upon Him, and allow His peace to comfort us (**Psalms 107:4-6, 10-14**).

Prayer and fasting is an opportunity to mourn before God, to cry about our helplessness apart from Him. Whatever our situation, even with tears in our heart and in our eyes, keep in mind that our hope is in the Lord and the battle is already won by Him.

WORD (cont'd)

YIELD TO GOD'S WAY OF COMFORTING

Do not try to analyze everything as if we know the solution to every problem of our country. We often see this behavior. Practically every one of us often speak as if we know exactly how to solve the problems of our country. However, in reality, we may just be complaining and end up doing nothing at all to solve the problem.

Our God the Father is our Comforter, Jesus is our Comforter, the Holy Spirit is our Comforter (**John 14:1, 16-17**). We will not be left as orphans. Instead, He will come before us, never to desert us nor forsake us. If God is our Helper, what can men do to us? (**Hebrews 13:5-6**) The Lord is near to the brokenhearted and saves those who are crushed in Spirit (**Psalm 34:18; 51:17**).

As we yield to God, we meditate on His presence, His promises and His people (**Psalm 119:50, 52; Hebrews 10:24-25; Romans 12:15**). Be part of a small group for accountability so that we could help one another yield unto God, who will weep with us, rejoice with us, pray with us, and draw ourselves closer to Him. The truth is, we need each other. Yes, Jesus is enough, but that is exactly the reason why we need the church — because the church is the Body of Christ. God comforts us with His *presence* in all our affliction that we may comfort others as well (**2 Corinthians 1:3-4**).

When we mourn, let us wise up, ask God and yield to God's way of comforting. Blessed are we who mourn for we will be comforted by God.

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

- 1. Blessedness in Mourning.** How are those who mourn blessed according to **Matthew 5:4**?
- 2. Mourning to Rejoicing.** Have you experienced mourning that turned into rejoicing? Briefly share your experience.
- 3. Mourn no More.** How do you usually mourn? Based on our lesson today, in what specific ways will you approach mourning differently?

WORKS

PRAY CARE SHARE IN ACTION

"Blessed are those who mourn, for they will be comforted."

Who are the people God is impressing upon your heart to comfort this week?

How can you comfort others as you have also been comforted by God? List down your steps of action to comfort others and bring them closer to the Triune God as their Comforter.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Upright and moral governance of Public Servants and a God-centered Philippines
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends