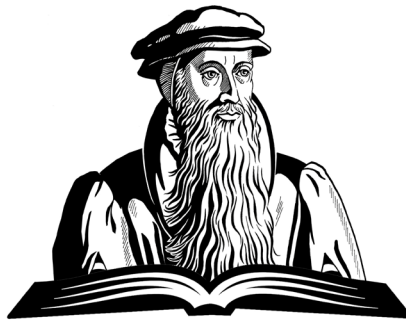


STUDY GUIDE
for
The Beatitudes
A VIDEO LECTURE SERIES

by Rev. A. T. Vergunst

Lecture #4

Blessed Are They That Mourn



The John Knox Institute
of Higher Education

Entrusting our Reformed Inheritance to the Church Worldwide

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Unless otherwise indicated, all Scripture quotations are from the Authorized King James Version.

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STUDY GUIDE FOR

The Beatitudes

10 Lectures

by Rev. A. T. Vergunst

1. A General Introduction to the Sermon on the Mount
2. A General Introduction to the Beatitudes
3. Blessed Are the Poor in Spirit
4. Blessed Are They That Mourn
5. Blessed Are the Meek
6. Blessed Are They Which Do Hunger and Thirst After Righteousness
7. Blessed Are the Merciful
8. Blessed Are the Pure in Heart
9. Blessed Are the Peacemakers
10. Blessed Are They Which Are Persecuted for Righteousness' Sake



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The Beatitudes

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Lecture #4

Blessed Are They That Mourn

Scripture Text

“Blessed are they that mourn: for they shall be comforted.” —Matthew 5, verse 4

Key Points

1. It is important to know if we are truly saved. In the Beatitudes, Jesus defines a true Christian with the simplest, the clearest, the most searching, and yet also the most comforting answer.
 - a. It is like a spiritual anatomy of the born-again soul or the regenerated heart.
2. “Blessed are they that mourn.” This goes against how we think or feel. We like to avoid sadness and mourning and grief. But this type of mourning is blessed.
 - a. Jesus is not talking about mourning over the loss of a loved one, or when we lose material things, or miss a good opportunity. This is acceptable, but not to be called “blessed.”
 - b. Jesus is not talking about sadness because our pride is exposed, or we are embarrassed because of our foolishness or sinfulness. That is called “worldly sorrow” in Scripture.
 - c. Jesus is talking about a mourning that flows from the first Beatitude, a discovery of our spiritual poverty, realizing we have dishonored God, offended him in our sin.
 - 1) Sin hurts you, it hurts others, and above all, it hurts God.
 - d. This is the mourning in which you see the tears of love.
 - e. “Blessed are they that mourn” is ongoing, a constant discovery of our sin and spiritual bankruptcy, and how we have offended God.
3. Ways to recognize godly sorrow as opposed to worldly sorrow.
 - a. By their fruits ye shall know them (2 Corinthians 7:11).
 - b. Not a sporadic sorrow, but it is ongoing.
 - c. A real Beatitude man mourns not only about his own sins, but the sins of others too.

4. Reasons why godly mourners are called blessed.
 - a. It is evidence of a spiritual work of God in the heart—it’s a sign of life.
 - b. Because “they shall be comforted”, God promises to remove the cause of their sorrow, by removing their sin forever. God sends the Holy Spirit to comfort us in the gospel truth of Christ.
5. Godly sorrow over sin can still be joyful, positive and optimistic.
6. The closer you live to God, the more you serve to his glory, the more you will mourn over all that dishonors God. “Rivers of waters run down mine eyes, because they keep not thy law.” — Psalm 119:136.

Review Questions

1. How can we recognize a true Christian? How do the Beatitudes in Matthew 5:3–9 define this?

2. When Jesus says, “Blessed are they that mourn,” what does he NOT mean? What is worldly sorrow?

3. What is the type of mourning that is blessed by God, according to the Lord Jesus?

4. Why does the Lord Jesus speak of mourning, rather than weeping? Is there a difference?

5. What is the ultimate cause of blessed and ongoing mourning?

6. How can you be sure that your sorrow is godly sorrow and godly mourning? Are there evidences that can be seen?

7. What are the reasons that Jesus says those who mourn are blessed?

8. How does the Holy Spirit give comfort to those who mourn over their sins?

9. Is it possible to mourn over sin and still be a positive, jovial person? How can this be?

10. What will happen to the sorrow and tears of God's people in heaven?

Personal Applications

1. Do you mourn over your sin? What kind of sorrows do you have in your life?

2. Have you ever experienced the comfort of the Holy Spirit when you are grieved about your sin? How is this an encouragement to you?
