

Elmbrook Discussion Questions

Who Are You Becoming? Matthew 5:4 The Power of Spiritual Mourning

Introduction

1. When you think of mourning, what images come to mind?

Head: *What is the passage saying?*

1. Read Matthew 5:4, describe what it means to “mourn”, as Jesus is speaking about it in the Sermon on the Mount.
2. Read Isaiah 55:6-7 and 2nd Corinthians 7:10. What do these passage have to do with mourning? Why is mourning important?

Isaiah 55:6-7 *“Seek the Lord while he may be found; call upon him while he is near. Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord and he will have mercy on him, and to our God, for he will freely pardon.”*

2 Cor. 7:10 *“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”*

3. How does spiritual mourning better help us understand the heart of God?
4. How can someone find hope in the midst of mourning?

Heart: *How does this passage influence my inner being?*

1. How have you experienced God’s comfort when you have practiced spiritual mourning?
2. Is spiritual mourning a regular pattern in your life?
3. What would be different (or what is different) in your life if you regularly practiced spiritual mourning?
4. How would churches (or Christians) stand out in our culture if spiritual mourning was an ongoing pattern?

Hands: *How do I practically live this out?*

Here are some suggestions, or identify your own practical next step.

1. **Practice:** Set aside time this week to be alone with God and share with God your mourning. Here’s advice from Charles Spurgeon (1834-1892): *Particularize your sins. Do not say, “I am a sinner.” It means nothing. Everybody says that. But say, “Am I a liar? Am I a thief? Am I a drunkard? Have I had unchaste thoughts? Have I committed unclean acts? Have I in my soul often rebelled against God? Am I often angry without cause? Have I a bad temper? Am I covetous? Do I love the world better than the world to come? Do I neglect prayer? Put the questions upon separate points, and you will soon convict yourself much more readily than taking your sin in general.*
2. **Journal:** Write a prayer to God this week about your attitude of “spiritual mourning”. Perhaps re-reading Isaiah 55:6-7 and 2 Cor. 7:10 would be a place to start.
3. **Talk it Out:** Go deeper into relationships, and take a next step to share with someone else what God has been teaching you.
4. **Worship:** Perhaps you have experienced God’s comfort as a result of your spiritual mourning. If so, write out words of worship to God for his faithful promised comfort you have experienced.

Digging Deeper Study:

1. **Watch:** Learn about the book of Matthew: [Matthew Part1](#) (The Bible Project) on [Rightnow Media](#).
2. **Bible Study:** Take up a study guide on [The Beatitudes](#), or read a helpful [commentary on the Sermon on the Mount](#) (The Bible Speaks Today series).
3. **Read a book:** [Momentum: Pursuing God’s Blessings Through the Beatitudes](#) by Colin Smith, [The Blessing of Humility](#) by Jerry Bridges.