

May 2, 2021

Willerup United Methodist Church

Sermon Notes

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Blessedness: The Beatitudes

2 – Those Who Mourn will be Comforted



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from Noun Project

We continue our study on Blessedness. “Beati” is Latin for “blessed.” The Beatitudes are part of the Sermon on the Mount. Jesus, upon seeing the crowds following him, sat down to teach them. Jesus tells the crowds, and us today, who is truly blessed.

Matthew 5:1-4

Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ²and he began to teach them saying:

³"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴Blessed are those who mourn, for they will be comforted.

Blessed are Those Who Mourn, For They will be Comforted

Today we will meditate on the second Beatitude, which the Lord Jesus explained to the listeners.

Every group that is blessed is connected with a particular blessing.

Here are two words: Mourn and peace.

Mourn: We can mourn or become sad for two reasons.

1. When we realize our mistakes and repent. When we evaluate our life, we feel sorry for our actions or words we spoke, and the

resulting pain and wounds which we have caused for others. We make people sad or cause pain to others through words, thoughts and acts.

a. **Word**(s): We need to evaluate our words before they come out of our mouth. We need to weigh and think about how these words can cause pain in others and rifts in relationships. We need to guard our tongue and use self-control. We can respond immediately or answer back, but if it is without control/restraint or not thoroughly thought over, it can become painful for both the recipients and oneself.

b. **Thought**(s): We can also cause suffering due to our thoughts. We dwell on negative thoughts, then later they are expressed in our words, written or spoken, which prick the hearts of others. Therefore, someone has rightly said, if you have any hatred or wrong feelings against someone, write down what you would like to say, but wait and contemplate for couple of days. Do not send them. Think and deliberate on the words you have written against the recipients of this note. Consult some mature friends and pray. The Lord will guide you how to respond. Never do anything in a hurry.

c. **Act**(s): Whatever thought or intention comes to our mind, if it is not properly evaluated against its consequences, we will lose our balance of mind, and later we may regret what we have done. Then we will ask for forgiveness or feel sorry, but the friction caused by our action will not disappear. The other person will not understand why you said or did this to him. Because it was done under the control of anger and hatred.

2. The other reason is we mourn is due to unfortunate events in life. We mourn and grieve at the death of a loved one or a

friend, or things like losing a job, or the failure of a business. Mourning is our internal situation of our mind. But if a person is a follower of the Lord Jesus Christ, he or she will also experience a deep sense of peace and joy, which the world cannot provide. The Lord was addressing his disciples before leaving earthly life to go back to his father, “Do not let your heart be troubled. You trust in God; trust also in me,” (John 14:1). And then in the same chapter 14:27, “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” Mankind is troubled with the experience of death and many are shocked and become depressed. They go into their closet and do not want to eat, communicate or meet with others. But the Lord said, ‘blessed are those who mourn, for they will be comforted.’

What is this comfort and peace, which we can have even in the midst of mourning? Who can provide this? Only the Lord Jesus. What is the difference of the peace provided by the world and that of the Lord? The people of the world can spend some time with us and say comforting words, send us cards or call on us in person or by phone. But after they leave, after their letter is read, we once again become restless and troubled. What they do is called sympathy. Christ empathizes with us. He joins us in our pain and mourning. He wept at the demise of his friend Lazarus. His tears almost became drops of blood in the Garden of Gethsemane, because he was concerned about our eternal death. He cried at the entrance of the city of Jerusalem, knowing death and destruction were coming due to their neglect and rejection of him as the Righteous one. Jesus promised, I will never leave you nor forsake you. My presence shall go with you always.

What was the reason for the incarnation of Jesus; why did he become human? He experienced death for us. “God made him who had no sin to be sin for us, so that in him we might become the righteousness of God,” (2 Corinthians 5:21). Again the Apostle Paul writes in 1 Corinthians 15:55-57, “Where, O death, is your victory? Where, O death, is your sting? The sting of death is sin, and the power of sin is the law. But thanks be to God! He gives us the victory through our Lord Jesus Christ.” Psalms 23:4, “Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and staff, they comfort me.” Romans 8:38-39, “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

So when we mourn over our nature and behavior through repentance, and over the death of our loved ones, the Lord begins to pour out his blessings on us – Peace, comfort and joy.

It is always a good thing when we evaluate our words, thoughts and actions, and remember the incidents which were caused by our attitude. Then we can take action and try to call or contact all those whom we have offended and ask forgiveness. What a relief we experience, as a great burden has gone away. We should not wait for the other to contact us, we need to initiate. This act of reconciliation is done through the guidance of the Holy Spirit in us, and we get the benefit and reward from none other than Christ the Lord: PEACE.