

REAL LIFE EMOTIONS

Dealing with Grief // Matthew 5:4

THE POINT: God responds to our sorrow with grace and compassion.

OVERVIEW: When we experience loss or the death of a loved one, we grieve. Grief is a natural and expected response; it reflects the love or feelings we have for what was lost. Grief can be devastating when we're unable to move beyond it, but grief can be healthy when it's balanced with hope and trust in God. As we learn to see life, loss, and even death from God's perspective, we are able to move forward in His mercy and love.

DIRECTIONS: As you begin your event, consider using the following engage options before starting the message.

Atmosphere

As students enter the room, ask them to quietly reflect on the emotions they have experienced throughout the week. Encourage them to consider how they can rely on God in those situations. Say, **"Life is full of ups and downs, but we serve a God who cares about us in the midst of our experiences."**

TEACH (Make your notes below)

- **THE POINT:** God responds to our sorrow with grace and compassion.

➤ 1. BLESSED

Matthew 5:4a

➤ 2. MOURN

Matthew 5:4b

➤ 3. COMFORT

Matthew 5:4c

Media

Search the Internet for "The Loss of Lament." Play the video as you begin the session. Say, **"We can expect to deal with real life emotions throughout our lives. When we experience sorrow, we should turn our eyes to God."**

PREPARE (Sermon outline)

We mourn the effects of sin in this life, but God responded by sending Jesus so all we'd lost would be restored.

- **A.** "Beatitudes" refers specifically to supreme blessings.
 - B.** Blessed refers to "happiness," or more specifically, "approval"—not only our being happy, but our finding happiness in those things of which God approves.
 - C.** Though God often gives earthly blessings to those who honor Him, He promises eternal blessings.
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- **A.** Mourning is a direct response to loss related to grief or sadness.
 - B.** God blesses those who mourn the effects of sin in this life and all that it has cost us.
 - C.** Specifically, our own sin.
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- **A.** Through forgiveness, God offers comfort, a restored relationship, and internal peace.
 - B.** Jesus purchased these on the cross.
 - C.** The Spirit continually comforts us.

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DIRECTIONS: Use the following outline as a guide for a message based on the passages from this session of Bible Studies for Life: Students. Additionally, use the suggested illustrations and activities to customize your midweek event.

INTRO

- ▶ What are some causes of grief?
- ▶ When have you mourned?
- ▶ How does the world deal with sadness?

MATTHEW 5:4a

- ▶ What comes to mind when you think about blessings?
- ▶ How can we find happiness in God?
- ▶ What are some eternal blessings God promises us?

MATTHEW 5:4b

- ▶ When is it okay to mourn?
- ▶ Why should we mourn the effects of sin?
- ▶ What are some of the costs of sin?

MATTHEW 5:4c

- ▶ How can we seek comfort from God?
- ▶ What does Jesus' sacrifice have to do with God comforting us?
- ▶ What are some ways the Spirit comforts us?

LIVE IT OUT

- ▶ **Discuss:** Ask students to briefly discuss ideas that may have challenged them during the session.
- ▶ **Ask:** What sins in your life should you mourn and seek God's comfort?
- ▶ **Pray:** Ask God to comfort students as they mourn sin and its effects on their lives.