

# Blessed Are Those Who Mourn

(Matthew 5:4)

## Introduction

What makes you sad? (Not getting something you really want?) [Teacher, lead the children in a discussion.] Have you ever felt a deep pain in your heart when something really sad happened?

Last week we talked about what makes us truly happy and we discovered that it helps to have a godly attitude. This week we're going to talk about what makes us truly sad.

## Opening Prayer

Lord, we truly want to live a happy life. And, we want You to be well pleased with everything that we think, say, and do. This morning, I pray, that You will teach us just how to please You with our attitudes. In Jesus' name, I pray. Amen.

## Memory Verse

*Blessed are those who mourn for they shall be comforted. (Matthew 5:4)*

## Lesson

Last week we started a study in the Sermon on the Mount. The first 12 verses are called *The Beatitudes*. Who remembers what a beatitude is? A beatitude is the blessing you get from God when you have the kind of attitudes that please Him. I call them "*Be-Attitudes*" because they are attitudes that ought to be in our hearts. God gives us blessings when we allow Him to control our thoughts and feelings.

*The Beatitudes* tell us about the kinds of attitudes we should have to receive blessings from God. Jesus came to earth to teach us these things so that we could live happy and fulfilled lives. So, it's important for us to understand His teachings.

Jesus gave us 8 beatitudes, each beginning with the word *blessed*.

[Teacher, look at the passage with the children and point out how each verse starts with the word, "blessed."]

Does anyone remember what the word "blessed" means? ("Blessed" means "happy.") A person that is *blessed* is favored by God and receives a special kindness from Him.

Last week we looked at the **first** beatitude.

Matthew 5:3

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

We learned that God is really pleased with us when we know that we are "*poor in spirit*" (that is, we know that we are lost without Jesus). He promises that once we turn to Him to ask Him to forgive us of our sins, we receive the right to go to Heaven when we die. It says, "*for theirs is the kingdom of heaven.*"

Today, let's look at the **second** beatitude.

Matthew 5:4

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

If this kind of attitude pleases God, let's try to understand what Jesus was saying here.

What does "*mourn*" mean? The word "*mourn*" means to be extremely sad over something; to grieve, like how you would feel if someone you love died.

What Jesus is saying here is that it really pleases God when you grieve over your own sin. It hurts God when we are naughty and He wants us to truly feel sorry for hurting Him.

Do you know who David was in the Old Testament? Well, he was a very special person to God. In fact, God called him *a man after God's own heart*. But did you know that David did a really horrible thing? He killed a man because he wanted to marry that man's wife.

That was a very serious sin. Did you know that any sin we commit offends God? It's like slapping God right in the face.

Why do you think that God called David *a man after God's own heart* if he murdered a man? It was because David was truly sorry for his sin. He didn't try to cover it up; he cried out to God for mercy. Listen to what the Bible tells us David prayed.

Psalm 51 [Teacher, read...]

*Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. (2) Wash me clean from my guilt. Purify me from my sin. (3) For I recognize my rebellion; it haunts me day and night. (4) Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just. (5) For I was born a sinner—yes, from the moment my mother conceived me. (6) But you desire honesty from the womb, teaching me wisdom even there. (7) Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. (8) Oh, give me back my joy again; you have broken me—now let me rejoice. (9) Don't keep looking at my sins. Remove the stain of my guilt. (10) Create in me a clean heart, O God. Renew a loyal spirit within me. (11) Do not banish me from your presence, and don't take your Holy Spirit from me. (12) Restore to me the joy of your salvation, and make me willing to obey you. (13) Then I will teach your ways to rebels, and they will return to you. (14) Forgive me for shedding blood, O God who saves; then I will joyfully sing of your forgiveness. (15) Unseal my lips, O Lord, that my mouth may praise you. (16) You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. (17) The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. (18) Look with favor on Zion and help her; rebuild the walls of Jerusalem. (19) Then you will be pleased with sacrifices offered in the right spirit—with burnt offerings and whole burnt offerings. Then bulls will again be sacrificed on your altar. (NLT)*

Do you think that David's sin of murder is worse than anything you have ever done? Jesus said that if you get angry at your brother or sister, it's as if you have murdered that person in your heart.

God is holy and pure. He cannot have anything that is not holy and pure in His presence. So, sin separates us from God. But, as we learned last week, when you realize that you are "*poor in spirit*" and

ask Jesus to forgive you of your sins, the Scripture says you become a child of God. That's when you know that you can go be with God in Heaven when you die. That's why the first beatitude says, "*for theirs is the kingdom of heaven.*"

This week we learn that when we are truly sorry over our sin, like David was, God is quick to forgive us. The Scripture says, "*For they shall be comforted.*"

Knowing that you are poor in spirit is the beginning of your walk with God. Next, we need to remember that no sin is too great to ask God to forgive it.

Sin separates us from God. But God wants us to be close to Him. That's why He's so willing to forgive you. He's just waiting for you to come running to Him whenever you know you've done something naughty. Like David, whenever we sin, we must ask God to cleanse us from within, cleansing our hearts and spirits with new thoughts and desires.

The promise in today's verse is that if you are truly sorry when you sin, God *will* comfort you and give you back your joy.

## Closing Prayer

Lord, we know that it makes You very, very sad when we are naughty. We want to please You with the things that we think and say and do. Pierce our hearts each time we sin, so that we may grieve over it. Drive us to You, Lord, so that we might come and confess our sins and get cleansed by You. We want to always be in good standing before You. In Jesus' name, I pray. Amen.

## Learning Centers

### Craft Corner

### Game Center

*Relay Race.* Print each word or word phrase of Matthew 5:4 on a separate large-sized sticky note. Make a set for each team or child in the class. Have a race to see which team can unscramble the verse the fastest. Give a chocolate candy to the winners. (Repeat this several times.)

Make “Bee” cards to hand out for correct answers to the review questions. (See pattern on next page.) The person with the most “bees” gets to pick something from the treasure box.

Or, use the following questions in another game of your choice:

1. What is a beatitude? (A beatitude is the blessing you get from God when you have the kind of attitudes that please Him.)
2. What is the first beatitude? (Matthew 5:3—this is open book!)
3. What is the second beatitude? (Matthew 5:4)
4. What does the word “*mourn*” mean? (To be extremely sad over something.)
5. Why was David called the *apple of God’s eye*? (He was truly sorry for his sins.)
6. What should you do if you sin? (Confess it to God.)
7. What will you receive from God if you mourn over your sin? (Comfort)
8. The beatitudes tell us about the kinds of attitudes that please God and that will make us truly happy. Why will you be happy if you mourn? (God will comfort your heart.)

[For more lessons for children, visit  
<https://www.freechildrensministrylessons.com>]

