**Blessed Are Those Who Mourn**

**End Of Me Series- Week 2**

**SG Question**

**Matt. 5:4**- Blessed are those who mourn, for they will be comforted.

Do you have any stories of when being honest about something would have yielded a better result than hiding it?

Why do people tend to try to hide things?

What do you think exposing hidden things does that hiding them doesn’t?

Jesus says blessed are those who mourn. And implies that his comfort is greater than our pain. Have you ever experienced that in your life?

Why do you think we don’t get to know God’s comfort as much when we’re not mourning?

When you think of righteousness, have you usually assumed that someone who is righteous would be ok on their own, or that they would express how not ok they are on their own?

**Read Psalm 34:17-18-** How does, “The righteous cry out,” shape your understanding of righteousness?

Do you have any experience in your life when you knew that unresolved pain, fear or shame within you was causing you to become something you didn’t want to be?

**Read 1 Peter 5:7**

Take some time and do that, and pray!