



# Blessed

## Week 2: Are Those Who Mourn

### CCV Groups Discussion Guide

#### OPENING QUESTION:

What's the funniest or most memorable "I can handle this myself" moment you've ever had?

#### GROUPS VIDEO GUIDE

#### READ:

[Romans 8:1-11](#)

#### DISCUSS:

- How does the idea that "blessed are those who mourn" apply to mourning over sin rather than just life's difficulties?
- Do you ever feel like you make too big or too little of your own sin? How does this impact your relationship with God?
- Is there someone that you've wronged, because of your sin, that you need to apologize to?
- How might your experience of comfort in God help you offer comfort to others? Can you think of a time when someone comforted you in a time of trouble?

#### GROUP CHALLENGE:

What would make it easier for you to confess your sins to someone else? How could we become a group more open and vulnerable to true transparency?

#### TAKE HOME QUESTIONS:

**Table Talk** (a question to ask your family): What have you felt sorry about this week? How can we turn those feelings into a positive change in our relationship with God and others?

**Water Cooler** (a question to ask at work): Do you think people are sorrier for what they did wrong or that they got caught?

## **PRAYER:**

St. John Chrysostom (c. 347–407 AD), one of the greatest preachers in Christian history, often spoke about mourning and grief in his homilies. He saw mourning as a way to deepen one's reliance on God and believed that those who mourn for their sins or the brokenness of the world would receive divine consolation. In his writings, St. John emphasized that mourning, when offered to God, is transformative. The following is an excerpt from one of his homilies that reflects his pastoral heart for those who mourn:

### **Prayer of St. John Chrysostom for Those Who Mourn:**

*O Lord,*

*You who are the comforter of all who mourn,*

*comfort, I pray, the sorrowful,*

*and be the solace of the afflicted.*

*Let their hearts find rest in You,*

*and their souls be lifted up by Your grace.*

*In their grief, may they know Your love,*

*and in their sorrow, may they experience Your peace.*

*For You are the hope of the hopeless,*

*and the healer of the brokenhearted.*

*Amen.*

## **SCRIPTURES:**

**Revelation 21:4**, “He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

**Psalms 34:18**, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

**2 Corinthians 1:3–4**, “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

**Isaiah 66:13**, “As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.”

**Psalms 23:4**, “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

**John 16:20**, “Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.”

**James 4:9**, “Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom.”