

Matthew 5:4 (Mourn) Leader Notes

1. **Name a movie that you probably won't watch again because it's so sad.**

This can be any sad movie, although for most of the Life Groups staff team, the answer would be *Star Wars VIII: The Last Jedi*.

2. **As a Life Group, invite one person to read Matthew 5:1 – 12 (The Beatitudes)**

If no one volunteers, please read since you are a leader(s) of the group.

3. **If you feel comfortable, briefly share about a season of your life when you experienced grief and answer one or two of the following questions: How did that season change your life? How did your grief bring you closer to God? What lesson did God teach you during that particular season?**

A few notes on this question. First, after reading the question(s), wait a few moments for people to answer (most people can't stand to sit in more than 8 seconds of silence). Second, if no one jumps at the opportunity to share, please be sure and share one of your experiences as it relates to the question(s). Third, if/when you or someone else shares, don't feel like all 3 questions need to be answered. If whoever is answering the question just wants to only answer one of the questions—let them have that space to do so.

4. **Read Isaiah 40:28 – 31. How have you found safety and comfort in God when you've experienced times of mourning?**

For further understanding of this passage, read the Isaiah 40:1-2. Verses 28-31 is referring back to God comforting His people and indicating that He, the sovereign Lord, has the power and unconditional love to take care of both His people and the world.

Again, as a group leader, allow silence to sit in after reading the question and be ready as a group leader to answer the question. You could also share an experience from someone else in your family or a friend that no one in the group knows (as long as you believe sharing the story would be appropriate).

5. **If you could write a letter to or call someone experiencing a season of grief, how would you encourage them? What would you say or better yet, what would you *not* say?**

Same advice as the question above. Another way to ask this question would be if anyone in the group has written a letter or email in the past to encourage someone. You could also ask if someone has written a text recently to encourage a friend or family member,

6. Read John 11:35. Do John's 2 words about Jesus give you permission to be authentic and show emotion in times of sorrow? Why or why not?

You can share about how Jesus was authentic with His emotions which gives us the margin to be transparent about what we feel. Many of the times, we too weep on the inside. Although you certainly don't have to, if you want to take the discussion deeper, give people permission to share about something they are currently mourning. If you go this direction, please be prepared to pray for those who share.

7. Take a few minutes to:

- **Write down one personal takeaway from this lesson.**
- **Now, write about how this takeaway could be applied to your life.**
- **Finally, if you're comfortable doing so, share your takeaway and life application with the group.**

If you have a chance to give the group time to do this exercise, it would be good... but don't feel pressure to rush through the other questions (if you're having healthy discussion) to do this exercise. If you run out of time but still want to take part in this exercise one idea is for group members to do this on their own time during the week and share what they've written with other group members via email or text.