



Beatitudes – Blessed are the Grieving

Date: Sunday 3rd May

Speaker: Becky Stamps

Key Verses: Matthew 5:4; Isaiah 53:2-5

Talk Summary:

- Grief and mourning is part of life for all of us and for the whole world. It's a time we are experiencing genuine pain and hurt, but it's also a truthful place (in relation to the way the world actually is). It demonstrates the beauty and glory of the thing that is lost, and also the pain of losing it. It reflects how far we are away from God and how much we need him. When we are grieving, God loves to come and comfort us and meet us.
- God also grieves for the world – he knows how we feel and we understand something more of him when we grieve too.
- Although we might want to move quickly on to the resurrection hope we have in Jesus, it's important to remember that Jesus' beatitudes are definitively in the present tense: they are about God's comfort and blessing NOW (there's lots about future hope elsewhere in the New Testament!)
- Our reaction to grief can therefore be honest (we can come to God with how we truthfully feel) and hopeful. We can 'pick up the phone' in prayer, worship, journaling, in bringing our anger, sadness, fear, confusion or numbness to him, knowing that he wants to be with us. We can reach out in our darkest moments to God, knowing that his 'presence' is more than just our feelings: it's a reality that surrounds us every day.
- It's also a promise. Jesus' blessing is primarily not about 'Blessed are those who mourn, because they will understand God better and reach out to him.' Jesus is saying 'when you feel like this GOD will reach out to YOU.' You won't have to go far to find him, he will comfort you. It's not what we'd expect, but it's true: we can celebrate God's presence when we're grieving however we feel, because he's with us.

Group discussion

Worship

- Why not start your time together with a centring prayer exercise, or some musical worship?
 - More ideas at bvc.so/sgworship or bvc.so/sgprayer

Word

- Do we see grief pictured truthfully in our culture? (e.g. think of the last death you saw in a film/TV show)
- Can you think of a time when God has comforted you?
- What are you grieving right now? How have you found God comforting you in this?

Witness

- What could it look like to offer the comfort of God to those who don't know him in your world?