

1. Connect

Question of the Day. Highs and Lows. Share how last week's message influenced your week.

2. LifeJournal

Last Sunday we read **Luke 23:32-38**. Share your SOAP application or prayer with your group.

*Next week pay special attention to **Luke 24:36-44** as we will be discussing this passage together.

3. Engage: Sermon Review + Discussion

This week, we heard from Pastor Albert in the second sermon of the Red Letters series. Albert preached from Matthew 5:1-4. Read the passage and dive into the questions below.

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, 2 and he began to teach them. 3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven. 4 Blessed are those who mourn, for they will be comforted."

1. What do you think Jesus means when he says "those who mourn?" Take some time to personally identify with this statement—think through something in your life you are currently mourning (i.e. a recent loss, mistake, consequences of sin, relational conflict, etc.). Share this with your group.
2. Oftentimes in our loss and devastation, we stay stuck in anger, not realizing that we will only find true comfort when we mourn in the presence of God. Share amongst your group a time you dealt with loss through anger but did not take the additional steps towards mourning.
3. Mourning provides a space where you and I are invited in to provide comfort. As Christians, we are extended the privilege of providing comfort to others who are mourning.

Think through some of the ways Pastor Albert described doing this poorly (For example, saying things like: "God will never put more on you than you can handle!"; "I

guess God needed another angel in heaven” or sharing your own anecdotes/stories; comparing your loss with theirs, etc.) How have you provided comfort well, and what are ways you can grow in this area?

4. Read through the following five statements in unison together as a LifeGroup as an commitment to creating safe space for those in mourning:
 - I’m not giving up on you.
 - I’m so glad we’re friends. You’re not a burden to me.
 - I don’t know what to say, but I’m here with you and I’m going to be here with you.
 - I’m so sorry that you’re hurting. I’m just going to sit here and love you. Just be.
 - Blessed are those who mourn for they will be comforted.

Apply: Next Faithful Step

Pastor Albert said there are two causes for mourning: (1) We mourn the consequences of sin in our lives; (2) We mourn the evil of this world.

1. How can you be someone who intentionally provides a space for the broken-hearted? How can you be one who intentionally prays for and stays with those who are grieving/mourning?
2. How can you become more proximate to people/communities in mourning as an expression of your witness as a follower of Jesus?

Prayer

Take some time to hear prayer requests from each member of your LifeGroup. Pray for one another, for your families, communities, our church, and the world.

*If anyone needs additional pastoral support or prayers regarding this sermon or any other aspect of our Red Letter series, please don’t hesitate to reach out to our pastoral staff. We would love to chat more deeply and pray with you.

