

The Beatitudes
“Blessed Are Those Who Mourn”
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Note: Unless otherwise indicated, all Scriptures are from the NKJV Bible.

The Beatitudes

Matthew 5:1-12

“And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught them, saying:

“Blessed are the poor in spirit,

For theirs is the kingdom of heaven.

Blessed are those who mourn,

For they shall be comforted.

Blessed are the meek,

For they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness,

For they shall be filled.

Blessed are the merciful,

For they shall obtain mercy.

Blessed are the pure in heart,

For they shall see God.

Blessed are the peacemakers,

For they shall be called sons of God.

Blessed are those who are persecuted for righteousness’ sake,

For theirs is the kingdom of heaven.

“Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.”

Opening:

In the beatitudes, Jesus taught about true, spiritual righteousness, and he described godly character that flows from within a person. The main theme of this sermon is “true righteousness.”

A Key Verse to the Sermon on the Mount

Matthew 5:20 “For I say to you, that unless your righteousness exceeds the righteousness of the scribes and Pharisees, you will by no means enter the kingdom of heaven.”

- The scribes and Pharisees had an external righteousness.
- Spiritual righteousness starts on the inside, and its effect can be seen in our lives.
- Jesus works from the inside out.

Matthew 23:23 “Woe to you, scribes and Pharisees, hypocrites! For you pay tithe of mint and anise and cummin, and have neglected the weightier matters of the law: justice and mercy and faith. These you ought to have done, without leaving the others undone.”

- Jesus commands us to do both.

Our Attitude Toward Ourselves

Matthew 5:3 “Blessed are the poor in spirit for theirs is the kingdom of heaven.”

- To be poor in spirit means to be humble, to have a correct estimate of oneself.

Romans 12:3 “For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.”

Our Attitude Toward Sin

Matthew 5:4 “Blessed are those who mourn, For they shall be comforted.”

- The term *mourn* means “to experience deep grief.”
- Our mourning is due to grief over our sin.

Jesus called the Holy Spirit the Comforter.

- The Holy Spirit comforts those who are honest about their own sin and humble enough to ask for forgiveness and healing.

“If ye love me, keep my commandments. And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. I will not leave you comfortless: I will come to you” John 14:16-18 (KJV).

- Those who hide their sin or try to justify it before God can never know the comfort that comes from a pure heart.

Proverbs 28:11 “He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.”

In the Beatitudes, Jesus reminds us that we cannot seek happiness the way the world does.

- True joy is not found in selfish ambition, excuses or self-justification.
- Comfort will come to those who mourn over their own sin.

Isaiah 66:2 “These are the ones I look on with favor: those who are humble and contrite in spirit, and who tremble at my word.”

Mourning that Leads to Repentance

2 Corinthians 7:10 “For godly sorrow produces repentance leading to salvation, not to be

regretted; but the sorrow of the world produces death.”

- Repentance results in forgiveness and cleansing from God.

Romans 8:1 “There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.”

- When we have trusted in Jesus as our personal substitute for sin, we no longer stand condemned.

Those who learn to mourn over their own sin find the heart of the Father.

- Intimate fellowship with our heavenly Father is the very foundation of true happiness.

Psalm 30:5 “For His anger is but for a moment, His favor is for life;
Weeping may endure for a night, But joy comes in the morning.”

Matthew 5:4 “Blessed are those who mourn, For they shall be comforted.”