



CIBC Sermon-Based Discussion Guide

This guide is designed to help guide life group discussions of this week's sermon at Cayman Islands Baptist Church. For more information on life groups and other discipleship opportunities at CIBC, please visit www.cibaptist.ky.



Get the Picture

-Title: *"Blessed are those who mourn"*

-Series/Text: The Flourishing– Matt. 5:1-12

-Date: Oct. 11, 2020

-Speaker: Pastor Steve

-Main Idea: The flourishing person in the kingdom of God is the one who is broken over their sin and repentant for they will find true comfort.



Group Discussion

a) Connect

- 1) **Commit:** Before you begin, agree as a group that you will commit to having an honest discussion about this text without casting any judgment or sharing any unsolicited advice.
- 2) **Read:** Read **Psalm 139:23-24** out loud before you pray to begin the discussion.
- 3) **Pray:** Pray over the group and ask the Lord to *"Search your heart"* and reveal idols that are keeping you from receiving truth.

b) Engage

- 1) **Read:** Read Matthew 5:1-12 and look for repeating words and major themes that stand out. How do these observations help you understand the section as a whole?
- 2) **Discuss:** What are the 3 types of mourning mentioned in the sermon, have you experienced all 3??
- 3) **Discuss:** How does mourning over your sin, rather than denying it, help you move forward?
- 4) **Discuss:** Since Jesus in the Sermon on the Mount is describing the life of a believer, does this beatitude have anything at all to do with a non-believer? If so, what does it have to do with him/her and if not, why not?
- 5) **Discuss:** How often and for what reason do you mourn? Should mourning be normal for you (and any other believer)? Why or why not? What would you say to someone who said, "Why are you talking about Christians mourning as being a normal thing? Didn't Paul say in 1 Thessalonians 4:12 that he informed them of the truth of Jesus' return so that they 'may not grieve as others do who have no hope?' Why should I be a mourner when the Bible says to, "Rejoice! Again, I say, rejoice!"

6) **Discuss:** What does biblical mourning over sin produce that brings about real comfort?

c) Apply

1) **Consider:** Ponder this thought, the stars shine bright against the backdrop of the dark night.

2) **Respond:**

Six Ways to Mourn Over Your Sins

1. Spiritual mourning names particular sins.

True spiritual mourning begins by naming one or more sins, stating them clearly without excuse and without evasion. Declare them immediately, and admit they are an offense against God. Get used to identifying particular sins when you read the Bible. You will begin to see what God sees, and you will get to know what grieves and offends him. Once you have named the sin as being really in you, you are ready to enter into spiritual mourning.

2. Spiritual mourning involves heartfelt sorrow.

Take a long, hard look at the cost of this sin, and you will enter more deeply into spiritual mourning. First think about other sins into which the sin you are mourning has led you: sins of deception and pretense. Then consider what this sin of yours has cost others. Finally, think about how costly the sin you are mourning was for Jesus, as he bore your transgressions on the cross.

3. Spiritual mourning arises from humility.

To develop heartfelt sorrow toward some attitude or action that has held (and may still hold) a powerful attraction, you must become poor in spirit, recalling your own inadequacy and recalling your sins as the motive for Christ's sacrifice. Seeing our sins as costly to Jesus takes us back to the first two rings; naming our sins and feeling sorrow for our actions humbles us and gives us momentum to come before our God to confess and to depend on him.

4. Spiritual mourning is infused with hope.

When you mourn your sins, seeing them for what they are, it can be easy for you to despair. Instead remember that when God shines the light on your sins, his great purpose is to lead you to Jesus, the friend of sinners. In him you will find hope. Hope is a signature mark of spiritual mourning, and it arises from faith in Christ and all that he has accomplished through the cross.

5. Spiritual mourning happens at the cross.

True spiritual mourning always leads you to the cross. That is where you forsake these sins and break a pattern of habitual sin. Naming and confessing your sins will lead you into spiritual mourning, but knowing the love of Christ will take you further. And the love of Christ is always found at the foot of the cross.

6. Spiritual mourning will lead you to forsake sins.

Spiritual mourning is the key to breaking sin's compulsive power. This is why we can speak of spiritual mourning as being a blessing. Do this work of spiritual mourning thoroughly, and you will have strength to overcome the sin that has defeated you, and to forsake it at the cross.

(Colin Smith)

d) Pray

1) **Silent Prayer:** Enter into a time of silence to allow God to speak to you in response to everything you discussed today. Listen for areas where He may be telling you He wants you to step out in obedience.

2) **Group Prayer:** After a time of silence, close out the study with a group prayer for God's grace to mourn over sin.



Going Deeper

- 1) **Do you agree or disagree with the below quote? What truth do you find in it?** “When a man truly sees himself, he knows nobody can say anything about him that is too bad.”—Martyn Lloyd-Jones