

# FINDING HAPPINESS

## HAPPY ARE THOSE WHO MOURN

January 10, 2016

1. Read Matthew 5:1-12. Then, pray that we (Transformation Church) would embody Jesus' words.

2. Read Matthew 5:4. Jesus says that to be happy, you must learn to mourn. Pastor Derwin said, "To mourn means that we have a deep grief and repentance in response to the sin, death, and evil that have oppressed us and enslaved us, individually and corporately."

- What are the practical implications of mourning?

3. Pastor Derwin taught 5 steps of mourning:

**Step 1:** Identify the pain caused by your sin, someone else's sin, or any type of loss that you're experiencing. Read Hebrews 2:9. Pastor Derwin said, "We can be honest about sin because Jesus tasted death for our sin."

- How does this Gospel truth make you feel about Jesus and yourself?

**Step 2:** Grieve the pain caused by your personal sin, someone else's sin, a national sin, or a loss you're experiencing.

- Read Hebrews 2:9 again and thank Jesus.

**Step 3:** Embrace and own the pain. Read Hebrews 4:14-16.

- After reading Hebrews 4:14-16, why can we embrace and own our sin?
- What do you think about Pastor Derwin's statement, "You don't avoid sin by thinking about avoiding sin. You avoid sin by thinking about and adoring Jesus"? Read John 15:5.
- Express what it means to you that Jesus can sympathize/empathize with our weaknesses.

**Step 4:** Lament in and through the pain.

- Read Psalms 102:1-2. Why is lamenting important? Do you lament?

**Step 5:** Receive comfort for your pain, and give comfort to those in pain.

- Read 2 Corinthians 1:3-7. Discuss this passage.
- Have you ever experienced something difficult and then recognized that God wanted you to encourage someone who is going through something similar? Share with the group.

4. Close in prayer.