

How To Be Happy: *Blessed Are Those Who Mourn*

Blessed Are Those Who Mourn

Greg Surratt

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Read

Matthew 5:4; Psalm 42:1-4; 42:6-8; Psalm 42:11; 1 Thessalonians 5:18

Reflect

In this continuation of our “How to Be Happy” series, Pastor Josh Surratt preaches on three ways we as Christians can enjoy God-centered joy in spite of great mourning.

BLESSED ARE THOSE WHO MOURN

1. Embrace Your Grief

- a. Read and discuss the context of Psalm 42:1-4; what are some of the takeaways for you from this verse?
- b. What do you consider to be healthy and biblically based ways to grieve?

2. Keep Track of Your Blessings

- a. Agree or disagree: Tracking your blessings is helpful in times of grief. Why?
- b. Read Psalms 42:6, 8 and 1 Thessalonians 5:18. What are your takeaways from these verses?
- c. When the negative thoughts are on repeat, what are some things you can do to focus on the positive?

3. Trust God With The Outcome

- a. Read Psalm 42:11. What is King David saying in this verse?
- b. In what areas of your life do you need to put your trust in God?
- c. What strategies for trusting in God have you found during your seasons of grief?

Respond

Where is God leading you? How can your small group support you?