

Blessed Are Those Who Mourn

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

Introduction

When Jesus stood on the hillside and spoke the Beatitudes, He was not offering a list of easy slogans or motivational quotes. He was describing the character of those who belong to His kingdom — a kingdom that often turns the values of the world upside down.

One of the most paradoxical statements He made was this: *“Blessed are those who mourn, for they shall be comforted.”*

To the natural mind, mourning and blessing seem like opposites. Mourning is associated with loss, pain, and tears, while blessing is linked to joy, abundance, and celebration. Yet Jesus tells us that there is a kind of mourning that is not only compatible with blessing but is the very pathway to it.

This mourning is not about hopeless despair. It is not about wallowing in sadness. It is a deep, spiritual sorrow that draws us closer to God, opens our hearts to His grace, and aligns us with His heart for the world.

1. Mourning Over Our Sin

The first and most personal layer of this Beatitude is a mourning over our own sin.

- This is not self-condemnation that drives us away from God, but godly sorrow that leads us to Him.
- It is the moment when we see ourselves in the light of His holiness and realize how far we have fallen short.
- This kind of mourning is the soil in which repentance grows.

The Apostle Paul describes it in 2 Corinthians 7:10: *“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”*

Worldly sorrow is self-focused — it laments the consequences of sin but not the sin itself. Godly sorrow, however, is God-focused — it grieves because we have offended the One who loves us most.

King David understood this when he prayed in Psalm 51:17: *“The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.”* His mourning over his sin did not end in despair but in the joy of forgiveness.

2. Mourning Over the World’s Brokenness

The second dimension of this mourning is outward — a grief over the pain, injustice, and suffering in the world.

- This is the kind of mourning that Jesus Himself displayed when He wept at the tomb of Lazarus (John 11:35) and when He lamented over Jerusalem (Luke 19:41–42).
- It is the ache we feel when we see children hungry, families torn apart by war, or communities shattered by violence.
- It is the heaviness in our hearts when we witness injustice and know that this is not how God intended His creation to be.

This mourning is not passive. It moves us to compassion, to prayer, and to action. It is the kind of grief that fuels ministries of mercy, justice, and reconciliation. It is the kind of sorrow that says, “Lord, let Your kingdom come, let Your will be done on earth as it is in heaven.”

3. The Comfort God Promises

The blessing in this Beatitude is not in the pain itself but in the promise that follows: *“They shall be comforted.”*

- This comfort is not a shallow reassurance or a temporary distraction. It is the deep, abiding comfort that comes from God Himself.
- For the repentant sinner, it is the assurance of forgiveness and restoration.
- For the grieving heart, it is the presence of the Holy Spirit — the Comforter — who walks with us through every valley.
- For the weary soul longing for justice, it is the hope of a day when God will set all things right.

Revelation 21:4 paints the ultimate picture of this comfort: *“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”*

This promise does not mean we will never experience sorrow in this life. It means that our sorrow will never be the final word. God’s comfort will meet us in our mourning, sustain us in our trials, and one day remove every cause for grief.

4. Living Out This Beatitude

If we are to live as people who are “blessed” in our mourning, we must:

- **Be honest with God** — Bring Him our sins, our grief, and our questions without fear. He can handle our honesty