



## A SERVE DEVOTIONAL

*For the Lord is good  
and his love endures forever;  
his faithfulness continues  
through all generations.  
Psalm 100:5*

### **Text:**

*Matthew 5:4  
Blessed are those who mourn,  
for they will be comforted.*

### **Summary:**

Blessed are those who mourn... The first few words of this beatitude seem to contradict each other. We tend to think of mourning in relation to death, something that does not bring happiness and does not seem like a blessing. This word here, and in other places in the New Testament, refers to a different kind of mourning: brokenness and grief over sin in our lives, the mourning that leads us to repentance, which in turn does bring the deep joy of right relationship with God. Today, we will lay ourselves down and turn to God.

### **Personal Quiet Time:**

Read Matthew 5:4, and with those words in mind reflect on the following meditation.

I never fully understood the depth of this verse until I lost someone that I loved.

“Blessed are those who mourn, for they shall be comforted,” seems straight-forward enough. When someone is in mourning, others gather around them in order to pray for and support them. They are comforted by family and friends, and know that the love of God is always there, even in the darkest of times. I had seen that before and knew that it was true.

But nothing can really prepare you for the heart-wrenching pain that comes with having someone you love suddenly ripped from your life. Especially when that person is your 20-year-old best friend. Especially when they do not know God.

When a family member hears that your best friend died and they try to comfort you with “he’s in a better place now,” they are really trying to be supportive. But they don’t know that they’re wrong and just made you feel worse than before. Sometimes it’s when a roommate will just sit with you and tell you about what’s going on in their life, or when a friend walks up to you and asks if they can pray for you right then and there, or when your sister sends you a picture of her baby right when you can feel the tears about to start again. Sometimes these are when you start to see glimpses of what Jesus meant when He said “they shall be comforted.” These are the moments where you realize that everyone is in your life for a reason, even if it hurts at the moment.

Throughout college I kept going back to Jeremiah 29:11; a verse that everybody seemed to give me when I graduated from high school. “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” After my friend died, I came back to this verse again and realized how true this statement always is. When I finally started to accept that this had all happened for a reason, even though I certainly didn’t know at the time what it was, I felt God’s comfort wash over me. A wave of peace after so much turmoil. Then I knew what it felt like to be comforted by God.

Mourning doesn’t always relate to death. God asks us to mourn over the sin in our lives. With the same intensity that we mourn over loss in our lives, we should mourn over our own sin as well. But God comforts us in this as well. We can feel peace knowing that God has already taken on our sin and forgiven us. We are free in Him.

I know that life will throw everything at me and that I will experience more mourning. But I also know now how comforting God has been, and will continue to be, in my life. I know that with Him on my side, I can do anything, and I don’t have to fear the future. I also know that as long as I try to live by His Word, I will feel His comfort and peace going with me. This is the true comfort in God that Jesus meant when He said “they shall be comforted.”

### **Reflection Questions:**

Reread Matthew 5.4, and spend time reflecting on these questions:

- What does this verse reveal about who God is?
- What are you hearing about who you are?
- How does this impact the way you live into God’s story today?

### **Prayer:**

“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, O Lord my God. Give light to my eyes, or I will sleep in death; my enemy will say, ‘I have overcome him.’ And my foes will rejoice when I fall. But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me.” (Psalm 13:1-6)