

***Blessed Are those Who Mourn***

**Desiring Christ**

[Matthew 5:4](#)

[John 11:17-27](#)

This week's Beatitude, "Blessed are those who mourn," helps us explore the relationship between joy and grief and how we can hold them both together. Mourning is not opposed to joy; both reveal what matters most and what breaks God's heart. We hold joy and sorrow together because both witness to truth—God's goodness and the world's brokenness.

**Where have you felt the tension of gratitude and grief living side by side in your life?**

**How might Jesus be inviting you to see mourning not as failure, but as a faithful response to what is deeply loved?**

Each week of Lent, we place a Beatitude alongside another passage of scripture, to help illuminate its meaning for us. This week we pair our Beatitude with [John 11:17-27](#) – the story of Lazarus. Take a few minutes to read it. When Jesus arrives in Bethany, Martha meets Him with a mixture of belief in His power and disappointment that He did not arrive sooner. Her lament is honest and faithful. In response, Jesus does not justify His delay but offers Himself: "I am the resurrection and the life."

**When have you asked Jesus for help and felt like His timing was confusing, late, or unlike what you hoped?**

**What emotions or prayers do you keep hidden from God, and what would it look like to meet Jesus the way Martha did—honestly, vulnerably, and with hopeful expectation?**

Mourning is the painful, necessary work of naming loss and allowing ourselves to feel its weight. Jesus Himself wept, revealing that God does not stand far off from grief but enters it—even when He knows resurrection is coming. In a culture that hurries us past sorrow, Jesus calls us to slow down, to pay attention, and to mourn together in community.

**What loss or disappointment might God be asking you to name honestly rather than rush past or minimize?**

**How might our community grow in becoming a place where both deep joy and deep sorrow are welcome and held with love?**

Followers of Jesus do not mourn without hope—not because we avoid suffering, but because we know Jesus steps into it with us. Resurrection doesn't cancel grief; it transforms it, giving us courage to face sorrow honestly and still trust that new life will come. Comfort becomes both a gift we receive from Christ and a calling we live out for one another.

**Because Jesus is the resurrection and the life, how does that truth shape the way you face grief today?**

**Who around you might need the comfort of your presence, your tears, or your witness to hope in Jesus?**