

# Ministers of Comfort and Recipe for Rest

## Chapter 4

### Audio lesson: Sermon on the Mount 4



Objective: To understand the second and third beatitudes and learn what it means to mourn and to be meek. (Text: Matthew 5:1-5)



*“Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth.”*

—Matthew 5:4-5

Believers sometimes have the misguided opinion that their faith is weak if they show signs of mourning. This beatitude not only supports mourning—it links it to a blessing. Mourning a loss is normal and there are things God wants us to learn from the loss. We must let God use our mourning to move us in three ways. First, mourning helps us ask the right questions about life. Second, it helps us to seek God’s answers. Third, it also helps us to accept the blessing God has provided including our salvation.

Being meek is not the same as being weak. A powerful horse that is tamed is very gentle or meek to his handlers and ready to use that power when needed. Jesus called himself meek or gentle in Matthew 11:29, yet he certainly was not weak. In Numbers 12:3 the Bible describes Moses as the meekest man who ever lived, yet he was strong enough to lead hundreds of thousands of people, through many trials for 40 years, to the Promised Land. Meekness is power under control—yielded to the Master’s will. Meekness is the discipline of our will. In the Greek of the New Testament, disciple and discipline come from the same root word. To be a disciple requires discipline—living under the yoke of the Father (Matthew 11:28-30).

1. The second beatitude is “Blessed are those who \_\_\_\_\_ for they will be \_\_\_\_\_.”
2. When Jesus speaks of mourning, he means
  - a. Grief over death
  - b. Grief over sin
  - c. Grief over the condition of the world
  - d. All of the above
3. True or false? Mourning indicates a lack of faith.
4. True or false? Mourning caused Job to ask the right questions about life and then to seek God’s answers.

Unless otherwise noted, choose one best answer for each question.

5. Psalm 23 gives answers for us in facing death and eternity. Read Psalm 23 and answer the following questions. If the Lord is your shepherd...

- Who is your shepherd? \_\_\_\_\_
- Who provides for you? \_\_\_\_\_
- Who restores your soul? \_\_\_\_\_
- Who leads you on the right path? \_\_\_\_\_
- Who is with you even in death? \_\_\_\_\_
- Who comforts you? \_\_\_\_\_
- Who prepares a place for you? \_\_\_\_\_
- Who anoints your head? \_\_\_\_\_
- Who blesses you to overflowing? \_\_\_\_\_
- Who will you live with forever? \_\_\_\_\_

*The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.*

—Psalm 23

6. In light of this psalm and other scriptural teaching about death and resurrection, how should a believer feel about the death of a believer? How should you feel about your death? Underline your answers. Then put a check mark beside feelings an unbeliever might have.

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|-----------|----------|-------------|----------|
| Hopeful   | Anxious  | Fearful     | Confused |
| Comforted | Loved    | Secure      | Calm     |
| Abandoned | Peaceful | Discouraged | Lost     |
| Terrified | Faithful | Protected   |          |

7. The third beatitude is “Blessed are the \_\_\_\_\_ for they will \_\_\_\_\_ the earth.”

8. Meek is another word for \_\_\_\_\_
- a. Weak-willed
  - b. Passive
  - c. Tamed
  - d. Shy

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

—Matthew 11:28-30

9. Read Matthew 11:28–30. Who does Jesus invite to take His yoke?
- a. Those who are weary and burdened
  - b. Those who are strong
  - c. Those who will work for Him
  - d. Those who want to run their own lives



What burdens are too heavy for you to bear? How does the yoke of meekness make your burden light and your life easier no matter how great your challenges are?

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Thank God for the hope He gives us even in the face of death. Thank Him for His invitation to give Him our burdens and take the yoke of Jesus upon us. Ask Him to shepherd you in every situation in life and to help you live with the right attitudes toward Him and others.



## Going Deeper

1. Can you be a minister of comfort to hurting people without ever hurting? Why or why not?

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2. What comfort have you experienced that would equip you to comfort others who may be suffering what you did? \_\_\_\_\_

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3. How does mourning help align our values with God's values? \_\_\_\_\_

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4. Explain how suffering/mourning might lead a person to a) ask the right questions, b) listen to God's answers and c) believe God's answers. \_\_\_\_\_

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5. Relate a personal experience with suffering and its outcomes in your life. \_\_\_\_\_

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6. How can you be part of Jesus' answer and solution for people who are suffering? \_\_\_\_\_

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7. How do the first two beatitudes complement each other as a "couplet"? \_\_\_\_\_

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8. Define in your own words the term "meek" as it is used in Matthew 5. \_\_\_\_\_

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9. What burdens are too heavy for you to bear? What areas of your life give you most stress?

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10. How does the yoke of meekness make your burden light and your life easier, no matter how great your challenges? \_\_\_\_\_

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11. In what way is Jesus' burden light? How does His yoke make the burden light? \_\_\_\_\_

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12. What is the meaning of "spirit-filled"? \_\_\_\_\_

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13. What are Jesus' conditions for finding "rest"? \_\_\_\_\_

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14. What does it mean to be "spiritually prosperous"? \_\_\_\_\_

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