



15 August 2025

Blessed are those who mourn

Today we are thinking about the second beatitude,

“Blessed are those who mourn, for they will be comforted” (Matthew 5:4).

This builds on the first, “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” The poor in spirit are those who have humbled themselves before God, received His grace and now are in His kingdom. They now have a steadfast, delightful certainty from God that does not go up and down with the breezes and storms of life.

Now Jesus tells us that those who are humble and mourn over their sin are truly happy because they will be comforted.

One writer suggests that there are three kinds of sorrow or mourning.

- First, there is *natural sorrow*, including the loss of ideals, goals, relationships, health, or a death.
- Then *unnatural sorrow*. That is, anytime sorrow’s effects are not what God wants for us, when sorrow makes the hurt deeper rather than being part of healing, or sorrow over things for which we shouldn’t have sorrow.
- Finally, there is *supernatural sorrow*, or what we could call *spiritual sorrow*. True sorrow over sin. It is supernatural because it is the result of the Holy Spirit’s work.

The third kind is what Jesus is talking about here — sorrow, mourning over our sin.

It is one thing to recognize our sin and minimize it by comparing ourselves with others or grading it as not all that serious. It is another thing to recognize our sin and feel bad about the results or consequences, but not the sin itself. Then, it is quite another to realize and do what Jesus speaks of here: to see our sin, accept it as a serious breach of God’s holiness, and to feel deep sorrow, to mourn over it. The tax collector in Jesus’ story did that. He felt so much sorrow that he didn’t even look up toward heaven in his deep sorrow over his sin when he prayed, “God, be merciful to me,



the sinner!” (Luke 18:13). He humbled himself, mourned over his sin, asked for God’s mercy and, Jesus said, he “went to his house justified” (Luke 18:14).

There is no true confession, no true repentance or turning from it without true, deep sorrow over it. This applies to entering the kingdom and living in the kingdom. The apostle Paul tells us,

“the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.”

2 Corinthians 7:10

Once in the kingdom, 1 John chapter 1 verse 9 tells us,

“If we confess our sins, He is faithful and righteous, so that He will forgive us our sins and cleanse us from all unrighteousness.”

Believers are secure forever in God’s family. True mourning over our sin and confession restores open fellowship with God, and so true happiness. Unconfessed sin keeps us from full, open fellowship with God, from living in the happiness of His kingdom.

The Bible tells us God is the “God of all comfort, who comforts us in all our affliction” (2 Corinthians 1:3-4). Yes, He “has loved us and given us eternal comfort and good hope by grace” (2 Thessalonians 2:16). Psalm 23 shows us that God protects and comforts those in His kingdom with His rod and staff. It is not always in the way and at the time we wish, but that does not diminish this wonderful truth.

God’s comfort is not just *sympathy*, or feeling for us; nor yet just *empathy*, feeling with us, but goes beyond these. The word used has the sense of standing with and for you, strengthening and encouraging you. It is one of the key ministries of the Holy Spirit—He is the *Comforter*, the advocate, supporter, strengthener of all who know their spiritual bankruptcy and mourn over their sin.

You don’t have to carry the sadness! You don’t have to be bound by the memory of past sins! God not only forgives, but He is “the Father of mercies and God of all comfort” (2 Corinthians 1:3).

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