

# **The Beatitudes: Those Who Mourn**

## **B.L.A.S.T. Journal Sheet - October 2009**

**Please complete and bring to November B.L.A.S.T.**

### **Matthew 5:4**

"Blessed are those who mourn, for they will be comforted."

- Read Romans 7:21-25 and answer the following questions.
  1. Why do you think Paul referred to himself as "wretched"?
  
  2. What evidence do you see that Paul was mourning over his sins?
  
  3. Can you relate to Paul?
  
  4. Paul seems to recognize the solution to his struggle. Can you identify it?
  
- Would you consider *God's* forgiveness and cleansing a form of comfort? Explain.
  
- As believers, we are forgiven of *ALL* sins past, present, and future (I John 1:9). However, we are going to sin at times. As David points out, unconfessed sin can be a real burden (Ps. 32:3; Ps. 51). It is important to remember that although our sin is forgiven, unconfessed sin will affect how close a believer in his relationship with *God*. Are there unconfessed sins in your life right now?
  
- In times when you feel like you the weight of sin is just too heavy, give your burden over to *Jesus* (Matthew 11:28-29).
  - This month have you felt times when the weight of sin was heavy, and you had difficulty saying no to sin? What did you do to escape?