



# BLESSED ARE \_\_\_\_\_

## DISCUSSION GUIDE

### THOSE WHO MOURN

SPEAKER: Bo Stern Brady

DATE: February 22, 2026

TEXT(S): Matthew 5:3-12; with 4:23-25  
and Exodus 19-20

***HOW TO USE THIS GUIDE:** This resource is designed to help you, or your group, step through a progression of engagement with the Bible passage(s) and the speaker's message. Our goal is to help you better understand and apply B4's teaching.*

### MESSAGE SUMMARY + DISCUSSION PROMPTS

In Matthew's account of the Sermon on the Mount, Jesus shifts from healing bodies to shaping hearts. As crowds begin to gather around His miracles, He pivots, offering the Beatitudes as "preventative medicine" for the soul. In Matthew 5:4, "*Blessed are those who mourn,*" Jesus promises nearness to the brokenhearted, which is a far more healing tonic than the mere relief of happiness. Mourning includes grief over sin, loss, injustice, and our fractured world. The blessing is comfort: Christ drawing near. Sorrow does not disqualify us; it positions us to experience His presence as our deepest need and truest hope.

**LEAN IN:** *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5 minutes.*

1. What's your go-to comfort food or comfort activity on a rough day?
2. When was the last time something unexpectedly cheered you up?
3. What everyday situations make you think, "That was a blessing"?
4. Are you more of a "talk it out," "tough it out," or "distract yourself" person when you're stressed?
5. Describe the kind of person who has a calming presence when you're around them.

**LOOK DOWN:** *These are questions about the Bible passage(s) above. Spend about 10 minutes discussing your choice of two or three questions:*

1. Why were the crowds following Jesus (Matthew 4:23-25)? Do you think the crowd's motivation shapes the Sermon on the Mount's tone, and if so, how?
2. What differences do you notice between physical healing and the heart-level formation Jesus calls His followers to in Matthew 5?
3. In Matthew 5:4, what do you observe about the relationship between mourning and comfort?
4. How does the Beatitudes progress from need (5:3-6) to help (5:7-9) to hurt (5:10-12) strike you?
5. How does the mountain setting echo Exodus 19-20, and what might Matthew be signaling?

**LOOK OUT:** *These questions help connect the world of the Bible to today. Spend about 10 minutes discussing your choice of two or three questions:*

1. How do modern cultures define happiness differently from Jesus' definition of blessing?
2. Where do you see society minimizing or medicating grief instead of honoring it?
3. How does social media shape the way we experience sorrow publicly?
4. Why might mourning feel like weakness in our productivity-driven cultures?
5. What would it look like for Christians to model hopeful grief in today's world?

**LOOK IN:** *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. What kind of sorrow currently presses most heavily on your heart?
2. Based on how Pastor Bo framed it, is there a difference in your life between "wanting" Jesus and truly "needing" Him?
3. Where have you experienced Christ's nearness in your pain, if at all?
4. Are there losses or regrets you've tried to move past too quickly?
5. What would it mean for you to turn your brokenheartedness toward Jesus rather than away from Him?

**LIVE IT OUT:** *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5 minutes:*

1. A Prayer of Presence: Each day this week, spend five minutes, and simply pray, "Jesus, I am hurting in this way: (mention your specific pain). Please meet me here according to Your Word." Afterwards, sit quietly for at least several minutes, practicing awareness of His nearness rather than seeking solutions.
2. Each day this week, write one short paragraph in your journal naming a sorrow (personal, communal, or global). Then write: "Blessings on my broken heart." Continue writing on each day, noting how Jesus is with you and for you in whatever breaks your heart. End the week with an entry thanking Him for His presence, not just for the hope of future change.

You can find B4's [Series Resources here](#).

