

Day 2 – Mourning Over Sin: The Path to True Change

Scripture: “Blessed are those who mourn, for they shall be comforted.” – Matthew 5:4

Reflection: Mourning in this verse is not about sadness over life’s hardships, but grief over sin. Before Christ, we may feel regret over being caught or the consequences of our sin, but after coming to Him, the Holy Spirit convicts us of the offense against God’s holiness. This godly sorrow leads to repentance and real transformation.

Illustration – King David’s Repentance

After his sin with Bathsheba, David didn’t just regret being caught—he was broken over the offense against God’s holiness. His heartfelt cry in Psalm 51, “Against You, You only, I have sinned and done what is evil in Your sight,” is a clear example of mourning that leads to repentance. David’s grief brought him to confession, and ultimately, to the comfort of God’s forgiveness.

Application: Spend time asking the Holy Spirit to reveal hidden sins or wrong attitudes. Write them down, confess them to God, and thank Him for His forgiveness.