

I walked a mile with Pleasure
She chattered all the way
But left me none the wiser
For all she had to say.
I walked a mile with sorrow
And ne'er a word said she
But, oh, the things I learned from her
When sorrow walked with me ^[1]

These words of Robert Browning Hamilton express a hard learned truth. We learn more and grow more from times of sadness and sorrow than we do in times of joy. This is not a bad thing since history has taught us that sadness and sorrow are certainties in life. So it is important for us to learn what Jesus meant when he said,

Scripture: Matthew 5:4

I. Blessed Sadness

A. Common Mourning

1. Meaning - the feeling or showing of deep sadness
2. Manifested as a result of :
 - a. Death - the loss of those we love
 - b. Difficult times - the loss of our happiness
 - c. Depression - the loss of our ability to deal with loss

B. Christian Mourning

1. Meaning - strongest and most severe of nine terms used in the NT to speak of sorrow
 - a. Carries the idea of deep inner agony
2. Manifested as a result of:
 - a. Depravity of our sinfulness
 - i. The recognition of our spiritual poverty
 - ii. Spiritual poverty leads to godly sorrow
 - b. Distress that our sin causes God
 - i. The recognition of how our sin causes God to mourn
 - ii. Mourning over sin focuses on God rather than on us
 - c. Distance our sin creates between us and God
- iii. The recognition that our sin separates us from God whether we be lost or saved
3. Manner
 - a. Present participle indicates continual ongoing action

- b. "The mark of the mature life is not sinlessness . . . but growing awareness of sinfulness"^[2]

4. Moves us

- a. Rejection of our spiritual condition
- b. Renewed efforts to try and change on our own
- c. Repentance
 - i. 2 Corinthians 7:10

C. **Comfort for the Mourning**

- 1. Blessedness does not come from mourning but from God's response to our mourning
 - a. Godly mourning brings God's forgiveness, which brings God's happiness
 - b. Continuous mourning leads to continuous comfort
 - i. This doesn't mean we have no joy but it means that we take no joy in sin

D. **Keys for Comforted Mourning**

1. Mourn

- a. "They"
 - i. Only those who mourn will be comforted
 - 1) Don't love sin, loathe it
 - 2) Don't conceal sin, confess it
 - 3) Don't underestimate sin, understand it
- b. "Will be"
 - i. Future tense points not to the end of this life but to the result of obedience in mourning

[i] Cited in William Barclay, The Gospel of Matthew [rev. ed.; Philadelphia: Westminster, 1975]

[ii] MacArthur Jr., John, The MacArthur New Testament Commentary: Matthew 1-7 {Chicago; Moody Bible Institute, 1985} p. 160