

Momentum: Pursing God's Blessing Through the Beatitudes
Week/Session 3 —The Power of Spiritual Mourning

Definition for Spiritual Mourning: Spiritual mourning is a heartfelt sorrow over particular sins, arising from humility and infused with hope, that leads you to forsake these sins at the cross.

- Spiritual mourning relates to particular sins.
 - Spiritual mourning arises from humility.
 - Spiritual mourning is infused with hope.
 - Spiritual mourning always happens at the cross.
 - Spiritual mourning will always lead you to forsake sins.
1. What stood out to you about Colin's teaching? Did anything seem unexpected or challenge you in a special way?
 2. Why do you think mourning over specific sins is so important for moving forward in our faith?
 3. Discuss each phrase in this definition. What strikes you about this definition?
 4. Colin quoted Paul's definition of spiritual mourning from 2 Corinthians 7:10, "Godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death." What examples of worldly grief come to mind? What examples of godly grief come to mind?
 5. Colin mentioned that "Heartfelt sorrow over a particular sin grows when you see what it has cost you, to others, and to Christ." Why would the love of Christ who died for us be the most convicting power of all? Why do you think this kind of godly grief—spiritual mourning— leads to salvation without regret"?
 6. How does the promise of comfort, "for those who mourn" encourage you? Of the following verses that relate to this promise of comfort, which ones impress you the most?

Jesus came "...to comfort all who mourn, ...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. (Isaiah 61:2-3) Jesus empowers us to forsake our sins because "...he has borne our griefs and carried our sorrows; ...He was pierced for our transgressions; He was crushed for our iniquities; ...and the Lord has laid on him the iniquity of us all." (Isaiah 53:4-6). In light of these verses, how can we make what Jesus accomplished on the cross our own?