

BLESSED ARE THOSE WHO MOURN

Matthew 5:4 (NASB) ⁴“Blessed are those who mourn, for they shall be comforted.”

The more we meditate upon the sermon of Jesus, the stranger it becomes to the real world of today.

Mourning is a word we would better not hear it. In this world of numerous entertainment channels, we instantly switch to another channel if we happen to see scenes of mourning, despair or crying. We feel so embarrassed by this.

We would rather be blissfully ignorant rather than know the reality. But the truth is more people mourn in this world now more than ever.

The media - movies, news channels glorify stories of self achievement, courage, independence, consumerist choices but carefully avoid pain, loss and mourning. Even print newspapers carry stories of see-how-I –did-it, rather than the real burning issues.

A death, an accident or a big loss is quickly reported and brushed aside. Why this resistance to even be aware of mourning? I guess we are all scared and we wish it never comes to us. So we would want to be rid of it as soon as possible.

But Jesus draws our attention to those who mourn, those who grieve, those who see no rhyme and reason in this life.

When mourning itself is universally undesirable, then how can it be a blessing?

Yet Jesus says, “Blessed are you who mourn.”

The first truth of this verse is that one need not be embarrassed or ashamed of mourning. The Bible tells us to mourn with those who mourn and cry with those who cry.

See what the preacher tells us

Ecclesiastes 7:2-4 (NASB)² It is better to go to a house of mourning than to go to a house of feasting,

because that is the end of every man, and the living takes *it* to heart.

³ Sorrow is better than laughter for when a face is sad a heart may be happy.

⁴ The mind of the wise is in the house of mourning, while the mind of fools is in the house of pleasure

It is easy to laugh with others, but not so easy to sit with those who mourn.

In today's angst ridden world, most of us mourn and grieve deeply in the deep depths of our heart. Even spouses, children, parents may not know the depth of the grief.

For many people, I feel, the big issue in their lives is that they have not faced their loss. They have buried it deep in their hearts, convincing themselves time will heal or turn to substance abuse or to some obsessive addiction that would take their minds away from this pain.

But I tell your grief, like a seed, will be alive and growing striking roots deeper into our hearts and slowly will snuff out the joy in our lives.

Whatever be your mourning, the loss of a loved one, the loss of freedom, the loss of a treasured relationship, the grief of loneliness, the pain of poverty, it rends your heart and the pain can be unbearable.

We need to face our loss, our grief, our mourning and deal with it in the presence of the Lord.

It was something the Lord personally taught me. Soon after my father's death, I put on a brave face outside, but on the inside I was a mess. I was holding on to grief as though it was my baby. I turned away from God and no one could even suspect that. But I was becoming so disoriented. Took a wrong turn when I was driving, then walked into another class that was not mine. It was only three months but I felt I was losing my mind. It was then the Lord told me to let it go. One evening I went to the chapel, cried my heart out and asked the Lord to heal me. And God did heal me. I would always treasure it as one of the most precious miracles of my life. My heart was healed from that moment. Though I did not see God, I believe He touched my heart. Because that deep pain was gone. Even today I grieve for my father, but the deep pain is gone. I was truly comforted.

I don't want to make my personal experience as a formula for being comforted. But I really feel that you have to exhume your grief, your mourning and take it to the Lord to be healed. Face your mourning and take it to the Lord to be comforted.

This verse is a beautiful Promise Verse. All those who mourn will be comforted. We will be comforted when we allow God to touch our hearts and heal them. We need to believe He can heal us. We need to believe the supernatural healing touch of Jesus.

Some people would have so gotten used to mourning that they wouldn't want to let go. But I tell you that emptiness will be filled. God will comfort and fill you with us ununderstandable joy.

Mourning actually deepens our heart and increases our propensity to feel God in an intimate way. Isn't He acquainted with all the sorrows of the world.

Isn't the name of Jesus – Man of Sorrows?

Isaiah 53:3 (NASB) ³ A man of sorrows and acquainted with grief;

Did not He weep over Jerusalem publicly and did He not weep when He saw the grief of Lazarus' family?

The One who grieved much will be the One who can comfort much.

Who will know our pains better than this Man of Sorrows and who can heal it better, comfort it better than this Healer, the Balm of Gilead?

Come to the Waters, drink and be rested, comforted and healed. Come with a believing heart. Come and be healed.

Isaiah 55:1 (NASB) ¹ "Ho! Every one who thirsts, come to the waters;
And you who have no money come, buy and eat.
Come, buy wine and milk
Without money and without cost.

http://www.youtube.com/watch?v=f0sAsjAeI_U.

A beautiful song, there were days I was singing this song again and again.
Be blessed