

**The Secret to Happiness**  
**“Happiness Through Mourning”**  
**Matthew 5:4**  
Pastor John Miller

**Introduction:** Today, we are looking together at Christ’s teaching known as “The Beatitudes.”

\* We see that they are in stark contrast to the world’s views.

- **Illustration**- (v. 3) “Blessed (or “happy”) are the poor in spirit.”
- **Today**- (v. 4) “Blessed (or happy) are they that mourn.”
- This is not what the world believes!

\* Christ’s teaching in the second Beatitude is quite paradoxical.

- “Happy are the unhappy”
- **G.K. Chesterton**- *“Truth standing on its head calling for attention.”*

\* How can that possibly be true?

- Jesus knows the secret to happiness!

## **I. What Does This Paradoxical Pronouncement Mean?**

\* What is does not mean:

- It’s not the sorrow of those who have bereaved a loved one.
  - **Illustration**- 1 Thessalonians 4:13- “But I do not want you to be ignorant, brethren concerning those who have fallen asleep...”
- It’s not a sorrow of selfish disappointment.
  - Sadness caused by nonfulfillment of one’s hopes or expectations.
  - **Illustration**- King Ahab- 1 Kings 21- over Naboth’s vineyard.
- It’s not a sorrow of regret or remorse.
  - **Illustration**- Judas
  - **Illustration**- People in jail—sorrow over getting caught, not over their crime.

### **A. It’s a Godly sorrow**

1. It is not selfish or man-centered. It is mourning over sin—the consequence of seeing “I am poor in Spirit” (v. 3).
  - a. It is the second step.
  - b. So, it’s mourning over my personal sin.
2. It is not just confessing my sin, its contrition over my sin (work of the Spirit).

- a. I don't deny it, defend it, or cover it!
  - b. I confess and weep over it.
3. It's a Godly sorrow that leads to repentance
- a. 2 Corinthians 7:10- "For godly sorrow worketh repentance to salvation; But the sorrow of the world worketh death."
  - b. Illustration- David's sin of adultery
  - c. Psalm 32
  - d. Psalm 51:1-6- "Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. Behold, I was shapen in iniquity; and in sin did my mother conceive me. Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom."
  - e. Luke 15- The Prodigal Son
  - f. This mourning over sin leads us to God for forgiveness, deliverance and comfort.
  - g. (v. 4) The Greek word used for "mourn" is the strongest word for mourning in the Greek language.
    - i. It was used in the Septuagint in Genesis 37:34 for Jacob's grief over the loss of Joseph.
4. Are you poor in spirit? Do you mourn over your sin?
- a. You might say "But I am a Christian—I am forgiven" (Romans 8:1)
  - b. Yes, but there must be ongoing mourning over the sin in our hearts.
  - c. Illustration- Paul- Romans 7- "O wretched man..."
  - d. 1 John 1:9

**B. It is also a mourning over sin in the lives of others, and its effect on the world.**

1. What makes you cry?
- a. Illustration- Jeremiah was called "The Weeping Prophet"
  - b. Lamentations 3:48- "Mine eye runneth down with rivers of water from the destruction of the daughter of my people.
  - c. Psalm 119:136- "Rivers of waters run down mine eyes because they keep not thy law."
  - d. Illustration- The new abortion law in New York State (and the sin of our nation)!
  - e. Illustration- Jesus a "man of sorrows"
    - i. John 11:35- "Jesus wept"
    - ii. Illustration- Jesus looking over Jerusalem (Luke 13:34)
  - f. Illustration- Sin in the church (1 Corinthians 5:1-2)

- i. In the church today, there is a defective doctrine of sin!
- g. My God, grant us the gift of tears!
- i. Our tears or Godly sorrow over sin will bring the blessing of God's grace and comfort.
- ii. Illustration- The rain brings the flowers

## II. What is the Blessing Promised to Those Who Mourn?

\* (v. 4) "...for they shall be comforted."

### A. "For"

1. The reason mourners are blessed.

### B. "They"

1. Its emphatic—so "they only."
2. Only those who mourn experience the comfort Jesus speaks of.
3. Psalm 126:5- "They that sow in tears shall reap in joy."
4. Psalm 30:5- "Weeping may endure for a night, but joy comes in the morning."

### C. "Comfort"

1. In Greek- *parakletos*. Used for Jesus, the Holy Spirit and God the Father
  - a. 2 Corinthians 1- "Father of mercies and God of all comfort."
2. Jesus came to "comfort those who mourn"
3. Jesus came to heal the broken hearted!

### D. What is this "comfort?"

1. It's the comfort of sin forgiven!
  - a. Psalm 51:7-8- "Purge me with hyssop...make me to hear..."
  - b. God gives us "beauty for ashes"
2. It's the comfort and joy of the Holy Spirit!
3. It's the comfort of Christ's Second Coming!
  - a. Illustration- Romans 8 (three groans)
    - i. Creation
    - ii. The Christian
    - iii. The Spirit
  - b. When Jesus comes back, He will "wipe every tear from our eyes."

## **CONCLUSION**

**\* The saddest thing in all the world is a heart that sorrows not over sin! For only the heart that mourns over sin will experience the comfort and joy of sins forgiven!**

**\* “Happy are they that mourn!”**

**\* It is how to enter God’s kingdom!**