**Study Series: The Blessing of Humility**

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**Lesson Title: “Mourn” (pp. 111-119)**

May 2, 2021 Session 09

The main point of this lesson is: Humility means deeply mourning your sin.

Focus on this goal: To help adults consider all of their sin as being primarily and significantly against God.

Key Bible Passage: Matthew 5:4

Before the Session

1. **Bring** items that symbolize mourning (black attire, tissues, etc.). (Step 1)

2. **Secure** a large writing surface and writing instrument. (Steps 1,5)

3. **Enlist** a member to give a five-minute narrative of King David’s sin as recorded in 2 Samuel 11:1–12:15. (Step 3)

4. **Bring** a name tag for each learner and markers. (Step 6)

During the Session[[1]](#footnote-1)

**Step 1. Create Interest / Jumpstart Discussion**

**Write** mourn on the board.

**Ask** what thoughts, images, or emotions the word brings to mind (such as death, loss, suffer, etc.).

**Create** a word bank as answers are offered.

**Display** items you brought.

**Share** your memory from a time you observed mourning in the life of someone you loved.

**Ask:** We usually assign a negative connotation to mourning; but can mourning ever be a good thing?

**Explain** that today’s session focuses on the connection between humility and mourning.

**Step 2. Day One – Heartfelt Grief**

**Invite a volunteer to read** Matthew 5:3-4.

**Read** the Day One paragraph (pp. 111-112) beginning, “The word Jesus used ….”

**Invite participants** to express the depths of mourning over death.

**Suggest** our sin should stir in us similar depths of feeling.

**Read** the John Blanchard quote (last sentence of Day One, p. 112) and invite volunteers to offer insights, ask questions about, or otherwise respond to the quote.

**Urge learners** to draw an arrow from Matthew 5:3 to Matthew 5:4 in their Bibles.

**Step 3. Day Two – Mourning Over Sin**

**Invite learners** to locate Psalm 51 in their Bibles.

**Call on** **the enlisted person** to retell the story of 2 Samuel 11:1–12:15.

**Read** Psalm 51:1-5.

**Direct attention** to the opening sentence of verse 4.

**Using** the Day Two content (pp. 112-114), **help learners** understand how all of our sin is ultimately rebellion against God, His character, and His Word.

**Read** the final paragraph of Day Two (p. 114) and **lead learners** in discussing the concept of the “sinfulness of sin.”

**Step 4. Day Three – Self-Centered Motive**

**Invite a volunteer to read** Psalm 51:17.

**Summarize** the author’s personal story (Day Three, pp. 115-116). (**Or**, if applicable, **tell** of a similar time in your own life when your motive brought you to a broken spirit.)

**Invite the volunteer to read** Psalm 51:17 again.

**Say:** David realized the seriousness of his sin and saw that, above all else, he had sinned against God. He also recognized the remedy: a broken spirit and a broken and contrite heart.

**As a group, discuss** what those terms mean.

**Read** the Day Three paragraph (p. 115) that begins, “As David admitted ….” **emphasizing** the last two sentences.

**Discuss** as time allows.

**Step 5. Day Four – Blessing of Mourning**

**Ask** if someone would quote Matthew 5:4 (today’s focal verse) from memory.

**Engage learners** in brainstorming sins considered “not-so-bad” (such as pride, selfishness, judgmentalism, etc.).

**List** these on the board as they are mentioned.

**Lead participants** to discuss why these are offensive to God.

**Point** **out** that everyone present has committed many—if not all—of the sins listed.

**Inquire:**

1. If we know we are sinful—and obviously we are—do we mourn over these?
2. When we acknowledge our sin and choose to mourn over it, how can we find blessing in that situation?

**Use** the Day Four content (pp. 116-118) **to help learners** see that God’s forgiveness is a wonderful blessing and that we also have the hope of knowing ourselves fully and still being a redeemed child of God.

**Step 6. Day Five – Three Options**

**Acknowledge:** It seems we excuse or dismiss our “little” sins, as long as we’re not committing the “worst” sins, we feel we’re not that bad.

**Invite a volunteer to read** Galatians 3:10.

**From** the first paragraph of Day Five (p. 118), **remind learners** that we are all active sinners.

**Say:** I had a great idea for helping us remember we are actively sinners in need of forgiveness.

**Hand out** the “Hello My Name Is” name tags and markers and **instruct** each learner to write sinner on it. (Or, if you have only one name tag, add sinner and attach it to your shirt.)

**Engage** learners in discussing practical ways to help them see themselves as sinners, confess their sins, and mourn over their sins.

**Encourage adults** to know and believe that mourning for sins brings us to godly humility.

**Step 7. Practical Application - Live Out the Lesson**

**Invite a volunteer to read** the paragraph from Day Five (p. 119) that begins, “There is yet one more application ….”

**Say:** We might think we are responsible for confessing and mourning for our own sins but nothing more.

**Ask:** How does this paragraph challenge us differently?

**Read** Ezra’s prayer from Ezra 9:6 and **use** the last paragraph from Day Five (p. 119) to encourage learners to mourn daily this week, not only for their own personal sins, but also for congregational, national, and global sins, as well.

**Additional Questions for Discussion**

1. How is “mourning over your sin” different from regret, sorrow or even shedding tears over your sin?
2. When was the last time you truly mourned over your sin? What impact did the process have on your self-image? Your relationships with others? Your relationship with God?
3. James 2:10 says, “For whoever keeps the whole law but fails in one point has become accountable for all of it.” From God’s perspective, why is this a simple truth? How should you respond when you become aware of the “smallest” sin?
4. How can mourning over your sin serve as an antidote for pride?

1. Additional questions for discussion are included on page 5. [↑](#footnote-ref-1)