

LUCKY | A Deep Ache

Discussion Guide

Big Picture

Our modern culture elevates happiness as the ideal state of mind, and sees grief as an interruption and an enemy to be fought - or worse, as a sign of weakness. But Christian mourning is born from a place of longing for heaven, a deep ache to see the world restored and all that is wrong made right again. It is as much an expression of hope as of sorrow.

Discussion Questions

1. What causes you to grieve?
2. Have you found yourself avoiding grief in the past?
3. What does mourning look like for you?
4. Who can you trust to mourn with you?
5. How can you bring Jesus into your mourning?
6. Is there anything weighing on your heart that you need to mourn today?

Sermon Notes

Matthew 5:4, **“Blessed are those who mourn, for they will be comforted.”**

To embrace grief isn't to deny faith. To deny grief is to deny love.

Isaiah 53:3 (ESV), **“He was a man of sorrows and acquainted with grief”**

Mourning: passionate grief, tears that come from the depth of your soul

Grief will not kill you, but suppressing grief will deaden something inside you.

Mourn over things not being as they should

“The mourners are those who have caught a glimpse of God's new day, who ache with all their being for that day's coming, and who break out into tears when confronted with its absence. They are the ones who realize that in God's realm there is no one blind and who ache whenever they see someone unseeing. They are the ones who realize that in God's realm there is no one hungry and who ache whenever they see someone starving. They are the ones who realize that in God's realm there is no one falsely accused and who ache whenever they see someone imprisoned unjustly. They are the ones who realize that in God's realm there is no one who suffers oppression and who ache when they see someone beat down. They are the ones who realize that in God's realm there is no one without dignity and who ache when they see someone treated with indignity. The mourners are aching visionaries.” Nicholas Wolterstorff, [Lament for a Son](#)

1 Thessalonians 4:13, **“Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.”**

Revelation 21:1, 4-5, **“Then I saw ‘a new heaven and a new earth,’ for the first heaven and the first earth had passed away, and there was no longer any sea. “He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.’ He who was seated on the throne said, ‘I am making everything new!’”**

“In the end everything sad is going to come untrue.” - Tim Keller

Psalms 34:18, **“The Lord is close to the brokenhearted”**

“If you are in Christ, you have a friend who, in your sorrow, will never lob down a pep talk from heaven, he cannot bear to hold himself at a distance. Nothing can hold him back. His heart is too bound up with yours.” - Dane Ortland, Gentle and Lowly

Comfort is not found by insulating your heart, but by opening your heart.