

# LIFE GROUP DISCUSSION

WEEK: FEBRUARY 7-13, 2026

## SERIES INFO

### Upside Down

Most of us already know what the good life looks like in our culture... success, comfort, confidence, control. We don't have to be taught what to chase; we're already running. In the opening lines of the Sermon on the Mount, Jesus disrupts all of it. He blesses weakness, grief, humility, mercy, purity, peacemaking, and faithfulness under pressure... qualities we usually avoid, ignore, or see as setbacks. This series slows us down long enough to notice the gap between what we chase and what Jesus calls blessed. Not to pressure people. Not to shame people. But to help people see clearly. Each week, we'll unpack one of Jesus' statements and let it confront our assumptions about the good life... one attitude at a time.

## PERSONAL FUN FACTS

What is something small you lost recently that surprisingly bothered you?

## TAKEAWAYS

What were the greatest "takeaways" you had from the message this week on those who mourn being comforted?

## DISCUSSION

### 1. Mourning Over Sin

**Scripture: Matthew 5:4; Psalm 51:1-12**

This week, we learned that God blesses those who mourn; they will be comforted. From the sermon, we heard that Jesus is saying, "Blessed are the kind of people who are currently living in a posture of mourning." What if that that posture of mourning was over our sin and brokenness? Most people identify mourning with grieving loss, but grieving our own sin? This often feels heavy and vulnerable. The Scriptures indicate that this kind of mourning helps us to be honest with God and, in turn, becomes very healing.

1) Why do you think we avoid talking about sin in the church today? What would it look like for our church to be a safe place for honest repentance?

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## DISCUSSION CONTINUED

2) Do you think we tend to want forgiveness for our sin ... or life transformation? What is the difference? Why does it matter?

### **2. The Meaning of Being Comforted**

**Scripture: 2 Corinthians 1:3-4; Psalm 23:4; Isaiah 61:1-3**

We tend to associate the word, “comfort,” with a particular emotion that implies the relief from some type of distraction or pain. But when God talks about comfort, He is telling us that we will have His strength, presence, and restoration in these tough times. Biblical comfort is not an escape from pain; it is presence in pain. When Jesus tells us that we will be comforted ... those who are mourning ... He’s promising something much deeper than an emotional fix or a cliché of words; He is ensuring the very active, personal nearness of God Himself. He doesn’t say, “You’ll feel better,” but He does say “You won’t be alone.”

1) Where have you seen God bring comfort and beauty out of something painful in your life?

2) Does God’s comfort always mean that God will fix whatever we are grieving? Explain.

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## DISCUSSION CONTINUED

### 3. Mourning Leads to Restoration

**Scripture: Genesis 1:31; Psalm 34:18; 2 Corinthians 7:10; Revelation 21:4**

Jesus' words from Matthew 5:4 build on the biblical progression and theme we see throughout Scripture: Creation --- Loss --- Mourn --- Comfort --- Restoration. This is like a biblical map for our pain, loss, and grief. It gives us the 30,000 feet view of how mourning is actually a part of the normal path that we all experience in life in a broken world—even people who love God. The Scriptures show us a rhythm of life that moves from Creation through mourning over loss to complete restoration.

- 1) How does future restoration change the way we face our present mourning and grief?
  
  
  
  
  
  
  
  
  
  
- 2) How might mourning actually deepen our faith rather than weaken it?
  
  
  
  
  
  
  
  
  
  
- 3) Is there something you have been trying to “be strong” about that God might be inviting you to mourn honestly?

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## PERSONAL REFLECTION

Is there a loss you are carrying right now? A disappointment ... regret ... or painful situation. Just name it quietly before the Lord.

Picture placing this in the hands of Christ.

Pray: Lord, I bring this to You and place it in your hands. Meet me here in my moment of grief and mourning.

Heavenly Father,  
Thank You that You are not afraid of our tears.  
Thank You that we don't have to pretend with You.  
You see the losses we carry,  
the regrets we hide,  
the grief we don't always have words for.  
Teach us to bring it all to You.  
Give us soft hearts that mourn honestly and trust You enough to be real.  
Restore my joy where it has faded and create in me a clean heart, O God.  
Until the day You wipe every tear away, keep me close to You.  
In Your holy name, I pray.  
Amen.