

**Podcast Episode Notes**  
**S9 Ep 3 Happy are the Unhappy**

“Happy are the unhappy” is how theologian John Stott explains what Jesus means when he says, “Blessed are those who mourn.” We commonly associate with mourning with the death and loss of a loved one, but in the Sermon on the Mount, it’s about mourning our own sin and the consequences that come with our choices. So, how and when will we be comforted?

**A. Blessed are those who mourn, for they shall be comforted. – Matthew 5:4**

- 1) John Stott says this could be translated, “Happy are the unhappy”.
- 2) This may relate to the loss of something valuable, like a loved one, but the primary meaning revolves more as a “next step” to “blessed are the poor in spirit”, who recognize their need for God...and their sinful condition before him.
- 3) This speaks to the mourning of our own sin...and the consequences that have come with our choices...to the point of repentance...or turning away from our sin and towards God.
- 4) We can recognize that we are indeed spiritually impoverished but taking it a further step when we grieve and mourn over our state of sin and being stuck spiritually.
- 5) Jesus wept over the sins of Jerusalem...and the unrepentant condition of the city that would not receive him.
- 6) Like Jesus, we may mourn over the sin of others...but we also have our own sin to mourn over as well.
- 7) Paul said, “What a wretched man I am! Who will deliver me from this body that is subject to death?” 1 Cor 5:2
- 8) It is good to see our sin and selfishness through God’s eyes.
- 9) Seeing our own sin humbles us, allowing us to stop pointing fingers at others, and instead own our own choices.
- 10) Acts 3:19-20: “Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord.”
- 11) God’s forgiveness is the only comfort that relieves us of guilt, shame and living a life of bondage to sin!

**B. Pentheo – Greek word translated “Mourn”**

- 1) Means grief or sorrow of heart, often accompanied by tears.
- 2) Mourning is an extension of brokenness...like what Isaiah said in Isaiah 6, “Woe is me! I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty.”
- 3) As R.T. Kendall says, when things are difficult, we can “complain the whole time, get angry with God for letting it happen, blame everyone around you, neglect what God might be saying to you in it and try to get it over with as soon as possible.” This is moaning instead of mourning!
- 4) Our brokenness leads to a deep dependence upon God. This kind of brokenness sees what is before as being from God Himself! *It is not trying to get past it but rather yielding fully to the work God is doing within you.*
- 5) “Will be comforted”; may come right away or over time, Follow God’s timing – He will bring comfort at just the right time!
- 6) Comfort – He is “the God of all comfort” – 2 Cor. 1:3
- 7) BLESSED are those who mourn...for they shall be comforted! Counterculture to the world around us, yet so central to living in the Kingdom of God!