

BEATITUDE 2 – HAPPY ARE THOSE WHO MOURN

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

The word 'mourn' in this context is when we sin and are truly sorry and go for confession and receive the Holy Spirit in absolution we are comforted. Here Jesus calls the Holy Spirit the Comforter. The Spirit comforts those who are honest and humble when they ask for forgiveness and healing.

Even through suffering, human beings can experience true happiness.

"If anyone want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it."

Mt 16: 21-25 Jesus speaks about His Suffering and Death

What do you mean by Mourning?

- **Sorrow that comes from loss of what you truly love**
- St. Augustine explains mourning as "**sorrow arising from the loss of things held dear.**"

life of St. Thérèse of Lisieux

- St. Thérèse experienced great sorrow when her mother died and later when members of her family entered religious life. She describes how deeply these separations affected her, yet she continued to place her trust in God and gradually discovered God's loving consolation.
- Her life shows that mourning does not mean losing faith. A Christian may cry and feel pain while still believing that God is near. St. Thérèse learned to accept suffering with trust and to seek lasting joy in God rather than in earthly comforts.

Why Are Those Who Mourn Blessed?

- God is close to the broken hearted.
- Mourning leads to healing and spiritual growth.
- God promises comfort, peace, and hope.
- Jesus understands human suffering.

The Comfort God Gives

- Peace during difficult times
- Strength to continue
- Forgiveness for those who repent
- Hope of eternal life

It's okay to grieve.

- Turn to God in times of sorrow.
- Pray during times of sadness.
- Read comforting Bible passages.

- Support friends and family who are grieving.
- Comfort others who are hurt.
- Remember that God never abandons His people.
- Trust God's promises even in difficult times.

Conclusion

- Mourning is not a sign of weakness.
- God blesses those who bring their sorrow to Him.
- His comfort brings hope, healing, and peace.
- Christians are called to share God's comfort with others.

Find the words

MOURN	M	O	U	R	N	A	H	P	P	Y	B
COMFORT	Q	L	T	C	O	M	F	O	R	T	E
SAD	J	O	Y	S	D	F	G	H	J	A	A
JOY	W	E	R	T	Y	U	I	O	P	T	T
HAPPY	B	L	E	S	S	E	D	K	L	I	I
GOD	A	S	D	F	G	H	J	K	L	T	T
BEATITUDE	G	O	D	Z	X	C	V	B	N	U	U
BLESSED	H	A	P	P	Y	M	Q	W	E	D	D
	S	A	D	L	K	J	H	G	F	E	E
	P	O	I	U	Y	T	R	E	W	Q	X
	N	M	B	V	C	X	Z	A	S	D	R