



**Sermon on the Mount**  
**Wk. 3 "Oh, Good Grief!"**  
**By Pastor Jody May 09/08/2024**

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**Matthew 5:1-11 ESV**

**The Sermon on the Mount**

**5** Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him.

**The Beatitudes**

**2** And he opened his mouth and taught them, saying:

**3** "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

**4** "**Blessed are those who mourn, for they shall be comforted.**

**5** "Blessed are the meek, for they shall inherit the earth.

**6** "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

**7** "Blessed are the merciful, for they shall receive mercy.

**8** "Blessed are the pure in heart, for they shall see God.

**9** "Blessed are the peacemakers, for they shall be called sons of God.

**10** "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

**11** "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. **12** Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

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**[READ THE TEXT]**

**Pastor – "People of God, this is the Word of God."**

**People – "Thanks be to God."**

**[PRAY]**



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**[REVIEW]**

**1. The Necessity of mourning.**

**Mourn - πενθέω (pentheō).** vb. to mourn, grieve. *A verb used to denote the grief over loss or sin.*<sup>1</sup>

Our culture today can only do one thing when it is confronted with the idea of misery, a misery that produces mourning, **they run from it!** Our culture is inundated with ways to get your mind off that which troubles you. At the turn of the century for a while we tried something called prohibition, trying to firm up the family dynamics in America and to get people past their dependency on substances but when the Great Depression + organized crime came upon us, we gave up that pursuit and gave the people what they wanted. BTW I am not saying that's a bad thing I'm just pointing out how we as a culture deal with complaints/misery/mourning **is to satiate pain.**

Since that time through the decades there has been an ever-increasing volume of ways in which to lose oneself to the ever day disappointments we encounter as people:

To the point that now today in our land, 18 states have decriminalized drug use, the thought is to allow people to drown themselves in recreational pursuits of a 'high' that are artificial.

We also instituted sex without boundaries, no pressure for marriages and responsibility, that gave rise to uninhibited abortion on demand for those not responsible enough to use birth control and currently an ever-growing child trafficking problem that people turn blind eyes to. We gave in to mentally unstable people, 1<sup>st</sup> in 1972 by removing homosexuality diagnosis from the DSM, and that lead us presently to the demands that we must let people mutilate their bodies with surgeries for an attempt to make themselves happy.

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<sup>1</sup> The verb πενθέω (*pentheō*) and the related noun πένθος (*penthos*) both denote the activity of mourning over the death of a loved one (Matt 16:10) or grieving over sin (1 Cor 5:2). In addition, some uses of the terms carry the idea of a general attitude of grief (Matt 9:15; Jas 4:9; Rev 18:15). Craig Allen Hill, "[Suffering](#)," ed. Douglas Mangum et al., *Lexham Theological Wordbook*, Lexham Bible Reference Series (Bellingham, WA: Lexham Press, 2014).



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Of course, our politicians have picked up on this and the quest to be happy so they promise free money to people in trying to buy votes and because people are so desperate for the alleviation of misery, they will sell that vote to the highest bidder.

Lastly, currently since the CDC's last reporting in 2018 (pre-covid) 13% of our country was on anti-depressants,<sup>2</sup> with our highest suicide rate since 1941 of 49,500/yr coming in 2022 of which that number is almost 79% men.<sup>3</sup> BTW studies show men take less medication than women. I believe that correlates with the use of Porn which has the same effect for men looking to control feelings of depression.

The point is our culture is not able to take bad news; we crumble under the weight. We have bought the lie that **the right to the pursuit of happiness means that happiness is what we all need to pursue**. The problem is there is no end to that road! But thank be to God for the Gospel of His Son who told us, that there is a way to comfort the pain that you and I will feel in this life. What we need to chase this morning, instead of man-made happiness is the Truth and that is **all people mourn**, but there is a **God who cares**, and what's more He has **provided a way to endure** it.

**<sup>4</sup>"Blessed are those who mourn, for they shall be comforted."**

**MP:**

**We must be willing to mourn before we ever receive  
the blessing of comfort.**

**Luke 6:21 & 25** teaches us, again from Jesus mouth to our ears, the necessity, the unescapable truth, that all will mourn, and that you cannot run from it.

**Luke 6:21&25 ESV**

<sup>21</sup> "Blessed are you who **weep** now, for you shall **laugh**."

<sup>25</sup> "Woe to you who **laugh now**, for you shall **mourn and weep**."

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<sup>2</sup> <https://www.cdc.gov/nchs/products/databriefs/db76.htm>

<sup>3</sup> [https://en.wikipedia.org/wiki/Suicide\\_in\\_the\\_United\\_States#:~:text=From%202000%20to%202020%2C%20more,at%204.3%20per%20100%2C000%20persons.](https://en.wikipedia.org/wiki/Suicide_in_the_United_States#:~:text=From%202000%20to%202020%2C%20more,at%204.3%20per%20100%2C000%20persons.)



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You can either do your mourning now and so have joy in the future but if you choose your joy now, if you make it the goal of your life to pursue happiness, that will lead you to mourning, and the intent in v.25 is that it is an inescapable end, and eternal end (v.23 states the claim that the end result of joy is in Heaven). You either deal with your emotional pain now or it will be something you can never escape when you come to your end. And in that end my friend, there is no way for comfort.

**Luke 16:25-26 ESV**

<sup>25</sup> But Abraham said, 'Child, remember that you in your lifetime received your good things, and Lazarus in like manner bad things; but now he is **comforted** here, and you are in **anguish**. <sup>26</sup> And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not be able, and none may cross from there to us.'

The picture is clear, if like the rich man you spend your life in pursuit of things to keep your mind off this life then in eternity you will do nothing except think about it, understanding you had a choice.

Let me put it to you in such a way that perhaps not as threatening but still just as true for it is from our Lord.

**Matthew 24: 7-8 ESV**

For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places. <sup>8</sup> All these are but the beginning of the **birth pains**. (**ὄδίν** – intolerable anguish)

The events of this world will bring us pain, there is an unescapable mourning, it happens every day, all around the world people are dealing with a fallen creation, until the return of the Lord. That's the reality, the belief of a person they are OWED HAPPINESS is an absolute lie. That falsehood is peddled through our culture condemning people to a tiring life of trying to escape the inevitable. Therefore, let me offer to you a more constructive way to view mourning.

**Psalms 30:5 ESV**



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Weeping may tarry for the night, but joy comes with the morning.

Tears from mourning is the path to joy. - **We must be willing to mourn if we ever want to receive comfort.**

**Tears** are not a curse, as a matter-of-fact, tears are the releasing of emotions, feelings that are too strong to keep in, thoughts that will never cease, unless there is an outlet for frustration/grief/agonies, and God has provided for that outlet in the form of our mourning. **To be able to mourn is a gift for it is a way to deal with pain.** It is the more constructive way to deal with life, it is the quicker way to deal with loss, it is a healing for the hurting, for it means we don't deny the reality of things we go through; it brings acceptance to what has happened to you.

Tears have positive impacts in our lives, and they help us to endure those dark days that Jesus told would happen.

The prophet Jeremiah cried endlessly - *"Oh that my head were waters, and my eyes a fountain of tears, that I might weep day and night for the slain of the daughter of my people!"* ([Jeremiah 9:1](#)) Tears allowed him to do his work, to have compassion, a release for the empathy for his people, and it allowed him the ability to keep speaking for God, giving him an outlet for his grief.

Even our Lord wept, [John 11:35](#) "Jesus Wept", He too like Jeremiah had a tremendous work to do, but tears were appropriate. They were ok to be public, they weren't a weakness to show, Jesus cried over a friend, He cried over the hurt of others, and He cried over their lack of faith in Him.

It is not appropriate to squash your emotions. **Canned emotion is like forgetting to change your oil in your car**, eventually it will come out but from the wrong spot, gaskets are blown, the damage will be done, and it may cost you a lot to get the heart running right again. **Crying is not the breaking of something in you, BUT it is the admittance of something already broken.**

Tears are the admittance that something is wrong.

Crying is a necessity we can't run from, it is a part of life, a gift of God, Jesus participated in it, and **we must be willing to mourn if we ever want to receive comfort.**



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## **2. The Reality of Mourning.**

Now that we understand it is a necessity it's time to ascertain is it always appropriate for tears? Some of you liked point 1 because to you everything is worth crying about!

We can cry out of concern for others, we can cry out of disappointment, we cry over discouragement, loneliness, frustration, and sometimes we can even cry over just recognizing love in our lives, that's good. I have cried over this church before and not because of how bad you can make me feel but because of how good you do, I rejoice over my family here and yes it at times has made me stop and praise God with wet cheeks with what He has blessed me with. So, all of that is not necessarily mourning, the point is just because you have tears does not mean it fits in with what Mat 5:4 is talking about, that is a specific tear for loss or sin. Put it this way **just because you have no problem sharing your strong emotions with others does not mean you are guaranteed this comfort Jesus talks about.**

But part of the reality of mourning is that there is a wrong type of sadness, a wrong type of grieving over something loss. Just because you cry over something does not justify if you are feeling correctly about it either. **Crying can be just a sign that something in you has an inappropriate emotional hold.** Tears are not proof that you are a victim, that you were wronged, that you were in the right, there are too many in the world that think that way, **that thinking has no place in the church.** Doesn't mean we don't care it just means we don't hold to the doctrine that **we are responsible for how you react to things.** If you want that, move to Britain I hear they throw people in jail that hurt your feelings now.

Seriously let me point out where tears of mourning are not appropriate, where sin has come in and robbed them of their beneficial nature.

There is a **mourning of coveting**, as in one can become so obsessed with a perceived loss of a thing that it drives them to unconsolable grief. David had a son whose name was Ammon in 2 Sam 13. He was in mourning, not over something loss but it was a perceived loss, it was because he



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desired, he lusted over his half-sister, Tamar. He made himself literally sick with grief over not being able to have her that he ended up raping her and then having ruined her reputation, cast her out, and she lived in solitude all these days in her brother Absalom's house. You see, you can have tears over not getting what you want, grief over something where the Lord has told you 'no', and instead you force it. Some of you have experienced that in your life and it has caused deep emotional scars, or it has cost you money, it has cost you relationships, it has cost you years of recovery. **Tears don't justify your wants, but they can be good indicators of selfish desires.**

There is also a **foolish mourning** where people lose their minds over something that has happened. Their tears have become neither comforting nor helpful, but they have become the approving mark of something not right in your life. The Hebrews coming out of Egypt were very guilty of this. Every time Moses would turn around it seemed like they were complaining about something: *Oh if only we had stayed in bondage, captivity, we would have better food! If only we would have stayed, we could have died as slaves not as free men? Foolish mourning is when your emotions have made you lose your mind! I could never have this \_\_\_\_\_ as my president, I just can't live without \_\_\_\_\_ (him/her), you will never understand me!* Foolish mourning, oh how so many of us wish we could take it back! **Again, we have to be careful believing that just because we feel strongly it does not mean we feel rightly!**

Lastly, there is a **guilty mourning** where people have come to a non-healing crying and can't get off the reason whatever they are so upset about. All because deep down they know that what they are upset about was their fault. We think of David and Absalom when all David could do was focus on his grief when his son died due to his own rebellion. David could not get his focus off of losing his son, for David knew that this was a part of him being a bad father to Absalom. How many chances did David have to correct things with him, how many times did Absalom reach out to his father for reconciliation? Oh, this is such a hard one, we all have done things in which we are guilty over, and the enemy loves to keep us in the doghouse doesn't he? **Tears of guilt are not redeeming, not letting go of grief is not penance, it is simply putting**





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**stock on your ability to bear sin, and that my friend is something you cannot do.**

So, the reality of mourning is that all mourning is not good nor right even though there is a necessity to it, we do need it, **we must go through it to have a measure of comfort!**

But there is a greater reality to this mourning, there is a better purpose that comes from it.

### **2 Corinthians 7:10 ESV**

For godly grief produces a **repentance** that leads to salvation without regret, whereas worldly grief produces death.

These are tears cried over sin, sent by God, that are healthy and productive. These are tears that produce a repentance that lead to Salvation, they are tears that somehow have led to a 'no-regret' attitude; you are joyful when you go through it. These tears heal that **guilt** that's inside of us, these tears demolish the **foolish** thoughts that run through our heads, these tears help tear down the destructive power of **coveting**. These are tears that recognize that our main problem in our lives is **SIN**, not the inability to get what we think makes us happy. **These are the tears that if we don't fight it when they come, joy will follow!**

We notice though again that it only comes after the first beatitude of '**poor in spirit**'. When people realize the spiritual bankruptcy, it makes them realize they cannot help but sin. Tears that produce joy come from a perspective that we cannot help ourselves, and because we cannot produce the works that can save us, it drives us to a right emotional response of being broke in front of our God. The Kingdom of Heaven is opened to us, through the path of Godly Grief causing us to mourn over our sin.

[Luke 7:36-50](#) we see a woman who is overcome with her sin, and cries so much at the feet of Jesus that she washed his feet with her tears and dried them off with her hair. Those were tears of desperation, devotion, and dependency and they were very appropriate for that moment. It was a true





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delivered Godly grief that she did not deny and the pay off for her emotional honesty with herself, in public was, "Your sins are forgiven." - Jesus v.48.

There are also tears over recognized sin in the church and world. It upsets us when the reflection of God's Kingdom, doesn't work right in this world, it upsets you when doctrine is exchanged for a gospel that tickles the ears, and people are sent to Hell. It saddens you to see easily influenced people led astray by leaders that use people's inclinations towards sin to entrench them in worldly pursuits. They are tears when loved brothers and sisters are unrepentant.

### **2 Corinthians 2:4 ESV**

For I wrote to you out of much affliction and anguish of heart and with many tears, not to cause you pain but to let you know the abundant love that I have for you.

That was written after Paul had to confront the church in Corinth, he had people kicked out, publicly corrected, people that he loved, people he most likely started the church with. Paul was making a declaration that his act of church discipline hurt him just as much as it hurt them ([2 Cor 7:6-15](#)), but in that we see Paul adhering to the command of Christ ([Mat 22:37-40](#)) correctly, loving God First above all, so that His spiritual siblings may be saved.

So, tears of mourning are a necessity, but the reality is that all tears are not right, we were warned there is a worldly grief that produces death ([2 Cor 7:10](#)). But tears for one's own sin and tears for the defamation of God's character are righteous tears but it doesn't make it any easy to bear. But we need to remember that **we must be willing to mourn if we ever want to receive comfort.**

### **3. The Comfort from Mourning.**

#### **James 4:8-10 ESV**

<sup>8</sup> Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. <sup>9</sup> Be wretched and mourn



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and weep. Let your laughter be turned to mourning and your joy to gloom. <sup>10</sup> Humble yourselves before the Lord, and he will **exalt you**.

**Literal translation of Mat 5:4 – Blessed (are) the (ones) mourning, because they shall be comforted. – Meaning they that continually mourn will continually be comforted. – How? By God’s continual exaltation.**

**First** way He comforts is, when we allow those tears to come, He promises to **pick us up again**. When you allow yourself to be convicted over your sin and the sin of others, the reward is that God exalts you, lifts you up, causes you to be revered (exalt), He uses you to draw people unto Him. There is nothing as comforting as knowing the pain you go through, even if you are lamenting your own sin, God allowed it, He saved you from it, and now He wants to use it to work for His purposes, **He will literally lift you up with His redemption of all who you are**. The way we recover from the guilt of our sin is knowing that God will use it in His plans to redeem the world!

**Second** way He comforts is through the **presence of the HS**.

**John 14:26 KJV**

But the **Comforter**, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

The word that John uses for the HS is the paraklētōs. There is no perfect translation for that word from the Greek so it has several meanings as the Spirit has several functions: "helper", "counselor", "**comforter**", or "advocate". Those that mourn will be comforted by the presence of the HS and His job is to teach you, to correct you, to comfort you. The presence of God will comfort us when we mourn, and the proof is that **God will show up** in the middle of your pain: He may teach you when you need to know what you did wrong, He always interceded when you need forgiveness, and He will always help you in confronting those that dishonor God’s name. Those that mourn will have the presence of God with them continuously.

**Lastly**, another way in which He comforts is through **His Word**.



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**Romans 15:4 ESV**

For whatever was written in former days was written for our instruction, that through endurance and through the **encouragement ("comfort" KJV)** of the Scriptures we might have hope.

People who mourn because of the realization they are poor in spirit, are comforted by the knowledge they find in God's Word. God's Word, is the continual reminder of His presence and the constant deliverer of His will, and through it, the HS uses those Words to speak to you, just as if Jesus was in the room with you. Those words will never lose power for that is how an eternal God has decided to communicate with us, through scripture, causing us to see what it means, causing us to see it was written to us, to offer us words of comfort when only Words from a loving Father will do.

**[CHALLENGE]**

Perhaps you have found yourself mourning more and comforted less.  
OR perhaps you have found that you don't say sorry much to those around you for you have a hard time seeing the fault in what you do.

It could be you have become accustomed to glancing over your sin too quickly, because you love the idea of Grace, but haven't really accepted the idea of personal holiness yet?

Whatever that may be, let me just encourage you:

Do not procrastinate over confessing your sins to one another.

Do not blame your sin, emotions, past, and reactions on others.

Do not make fun of your sin too much and laugh it off.

These stances are all just hindrances that will keep you from entering into a proper time of mourning, and remember **that must come first before we ever experience a true Godly Comfort.**

**[PRAYER]**

**[CALL TO OBEY]**

In **John 14:15**, Jesus says, "If you love me, you will keep my commandments." Family, we mourn, not because we are hopeless but because of the great



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hope that we have. Jesus did everything for us; He loved us perfectly, so we mourn over our sin because of our failure to love Him rightly.

**[COMMUNION]**

**Matthew 26:26-29 ESV**

<sup>26</sup> Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, "Take, eat; this is my body." <sup>27</sup> And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you, <sup>28</sup> for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. <sup>29</sup> I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father's kingdom."

Today when you eat of the bread remember the life, that as a man Jesus endured His mourning, never sinning in it, never blaming others, never wasting His tears on foolish ideas, and for our sake mourned our sin. His reward for that, was to be high and lifted up so that the world would see His perfection, Praise be to Him for His wonderful love.

Today when you drink the juice remember the cost of our sin, and by the act of giving His life for our life, by buying back our lives from this world, we can now mourn our sins rightly, truly repenting and truly confessing, restoring our relationship with God, so we now have the comfort of His presence. Praise be to Him for His wonderful love.

**[CONFESSION OF FAITH]**

\* The Congregation will stand

The London Baptist Confession of Faith 1689 Chapter 15 section 2.  
Believers Are Renewed Through Repentance

**Elder – "Christians, what do you believe?"**

**Congregation recites:**



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"There is no person who does good and does not sin. Even the best may fall into great sins and offenses through the power and deceitfulness of the corruption living in them and the prevalency of temptation. In the covenant of grace, God has mercifully provided to these believers who fall into this sin renewal through repentance to salvation."

**[OFFERING+LAST SONG] -**

**[BENEDICTION]**

Go in the name of the Father, who gifts us a Godly Grief that will yield repentance, and eternal joy in His presence.

Go in the name of the Son, that mourned over our sin, and lived a life dedicated to righteousness ensuring we would receive the comforter.

Go in the name of and power of the HS, that resides with us, teaching us about our sin, caring for our wounds, and comforting our sorrows. Now go and share this god news with others.



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