



## Life's Healing Choices

“The Hope Choice” Matthew 5:4

Discussion Questions

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

In this week's discussion about Life's Healing Choices, we look at the “Hope Choice”: my choosing to believe that God really exists, that I matter to him, and that he has the power to change me. This is about what God can do to heal our souls and make a difference in our lives. Being human, we usually try to avoid our pains, overcome our problems, and improve our lives with our own power before we ask for God's power and help. The paths we choose to find comfort and hope on our own might include alcohol, drugs, gambling, shopping, or entertainment.

These are all different kinds of escape, but any escape they provide from our problems is only momentary. God wants to provide a completely different kind of escape, like being permanently set free from a prison cell, so we are newly empowered to grow and change. God's path for finding healing is summarized in Matthew 5:4 above: first we mourn, and then we are comforted. The “comforted” part of this promise is appealing, but the “mourn” part doesn't sound like fun, so choosing God's path is not our first human inclination. In our discussion we will learn more clearly about the benefits of God's path to comfort and hope, and why this path is the only useful choice for healing our lives.

**Begin with a moment of silence to be before God and prepare for the discuss.**

1. Share something new you heard about the Beatitudes and how to read or interpret them.
2. How do you handle guilt and has it ever undermined your assurance of salvation?
3. How do you reconcile the dual traits that exist in God that we find hard to keep balanced: the anger of God and the love of God? Which do you tend to favor....Are you a more loving person or an angry person?
4. What were your initial impressions of Christianity and Christians? Did it get in the way of coming to faith in Christ?
5. What did you once attach yourself to for personal direction, satisfaction and self-worth? Did it work?
6. Have you come to a place of “mourning” as defined by the text? What was that experience like?
7. What comfort does your faith offer? Of the seven mentioned, share an experience where you remember experiencing that comfort.
8. Any final comments or questions on the passage or the series?