



# Jesus Teaches Us How to Bee

## The Second Beatitude – Matthew 5:4

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

**Read:** Psalm 126

**Discuss:** Do you think Christians get sad? The truth is we all experience difficulties. Has anything been upsetting lately? Sometimes we mistakenly feel that being upset means we don't trust God. Or we wonder why the Bible says God will protect us, when bad things still happen. But this Beatitude explains that God cares about everything that happens to you. How does it change your feelings to know you're in God's care?

Sometimes when we are sad it seems like things can't be better. This psalm reminds us that there is always hope. Perhaps you want to draw pictures of the psalm. Which of God's promises bring you comfort in difficult times?

**Pray:**

Open up to God about all the difficult feelings you've been dealing with. Ask Him for comfort and guidance for the situation.