

## Unit 2: Be-Attitudes

### Lesson 2.2: Blessed Are Those Who Mourn

#### Teacher Preparation and Materials Needed:

#### Scriptural Reference:

Matthew 5:4

#### Activities:

*\*Choose based on time available. Instructions and supplies listed below.*

Activity: Comfort Cards

Additional Activity: Coloring Pages

#### Words of the week:

սգալ - suh-kal - to mourn

մխիթարել - mukh-ee-tar-el - to comfort

տխրութիւն - dukh-roo-tyoon - sadness

#### Objective:

Children will understand that mourning means feeling deep sadness, especially over sin and brokenness in the world. They will learn that Jesus promises His comfort to those who grieve with faith and love, and they will explore how God uses their sorrow to bring healing, kindness, and deeper love for others.

#### Moral Character Focus:

**Knowledge:** Children will learn that "mourning" in the Beatitudes means feeling sadness in a holy way, over sin, loss, or the suffering of others, and that Jesus promises to comfort those who mourn with love and peace.

**Understanding:** Children will understand that it's okay to be sad, and that God meets us in our sadness. When we grieve over sin, our mistakes, or other people's pain, it shows we care deeply and want God's love to heal.

**Application:** Children will think of moments when they have felt sad, about a mistake, a loss, or someone hurting. They will learn how to turn to Jesus in those moments through prayer, confession, and kindness.

**Values:** Children will value compassion, humility, and comfort. They will begin to see mourning as part of loving others deeply and turning their sadness into care and action.

#### Memory Verse:

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

**— Matthew 5:4**

# Lesson

## Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՛ յամենայն ժամ. ի չար խորհրդոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն:

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

*\*Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

## Lesson Body: Blessed Are Those Who Mourn

Sometimes in our lives, we feel really, really sad. Our hearts ache, and we may feel hopeless and disappointed. Feelings like these may come when we lose someone we love. It may be a person or a pet, a favorite toy, or a falling out with a friend. That deep sadness you feel for a loss is called “mourning.” But here’s what’s terrific about it: Jesus says those who mourn are actually blessed! That might sound strange. Let’s think: why would feeling sad be a good thing? It’s because when we feel sadness about the right things, it shows we have a caring heart. And Jesus promises that when we’re sad, He comes close to comfort us.

Mourning doesn’t mean crying because we didn’t get the toy we wanted or because we lost a game. It means our hearts hurt because we really care about people and about doing what’s right. When we see someone being bullied and it makes us sad, that’s mourning. When we realize we’ve hurt someone and we feel truly sorry, that’s mourning. When we miss someone who has died, that’s mourning too. And in all those moments, Jesus is right there with us.

You might think that following Jesus means being happy all the time. But here’s something important: sometimes being sad is actually part of loving God! When we feel sorry for the wrong things we’ve done, it shows we love God and want to be better. It’s like when you accidentally break your mom’s favorite mug, and you feel truly sorry, not just because you’re in trouble, but because you love her and don’t like it when she is hurt or upset.

In our Church services, we sometimes sing songs that sound sad. But those songs aren’t hopeless! They lead us to peace because God hears them and helps us. It’s okay to bring our sadness to God.

## A Story of Mourning Monk

Long ago, in the deserts of Syria, there lived a monk who would cry every day during his prayers. His students were confused. “Teacher, why do you cry so much?” they asked.

The monk answered, “I cry because there are so many people in the world who don’t know how much God loves them. My tears are prayers asking God to help them find His love.”

This monk wasn’t weak because he cried. His tears came from a heart so full of love that he couldn’t help but pray for others. And you know what? His prayers really did help bring healing to many people. His sadness wasn’t just about feeling bad. It was love in action.

The students learned an important lesson from their teacher. They saw that mourning with a loving heart is powerful. When we care deeply about others and bring their hurts to God in prayer, amazing things can happen. The monk showed them that sometimes the bravest thing we can do is let our hearts break for others and trust God to bring comfort and healing. Years later, those same students became teachers themselves, and they never forgot the power of praying with tears of love.

### Words of the Week:

սգալ - *suh-kal* - to mourn

մխիթարել - *mukh-ee-tar-el* - to comfort

տխրութիւն - *duk-oo-tyoon* - sadness

### Memory Verse:

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

**— Matthew 5:4**

## Prayer of Mourning

O Christ, my Lord, You full of grace,  
Please keep me tight in your embrace.  
Someone I love has passed away,  
And I feel sorrow every day.

Beyond the skies so vast and blue,  
I know they're safe, held close to you.  
With perfect peace in heavens near,  
No pain remains, no trace of fear.

But here, on earth I sometimes cry,  
And whisper softly, “Why, Lord, why?”

One day we'll meet again, I know,  
Where joy and light forever grow.  
Until that time, Lord please stay near,  
To calm my soul and catch each tear.

Amen

### Jesus Wept Too

Did you know that Jesus cried too? The Bible tells us that Jesus was “a man of sorrows” (Isaiah 53:3). This doesn't mean He walked around sad all the time. It means He cared so much about people that their pain touched His heart deeply.

When His friend Lazarus died, Jesus stood at the tomb and wept. Even though He knew He was about to bring Lazarus back to life, He still cried because He saw how much everyone was hurting. When Jesus saw sick people, hungry people, or people who were being treated badly, His heart broke for them.

And here's the most amazing part: Jesus' sadness didn't stay just sadness. He turned it into action. He healed people. He forgave people. He even died on the Cross for us because He loved us that much. That's the greatest love of all.

### How We Can Mourn With Hope

Here's the wonderful truth: God doesn't leave us stuck in our sadness. When we tell Him what hurts (through prayer or talking to a trusted adult), He brings comfort. Sometimes He comforts us through the Holy Spirit, like a warm hug for our hearts. Sometimes He sends us friends to make us laugh again. Sometimes He uses quiet moments at church, where we can feel peaceful and safe.

### When you're sad, you can:

- Pray and tell Jesus exactly how you feel
- Talk to your parents, a teacher, or someone you trust
- Remember that God is close to you (the Bible says in Psalm 34:18, “*The Lord is close to the brokenhearted*”)
- Do something kind for someone else, because helping others can heal our own hearts too

## Activity: Comfort Cards

**Materials:** Blank index cards or card-stock, crayons, markers, stickers (optional)

**Instructions:** Let's make "Comfort Cards" to give to people who might be sad! Think about someone you know who is going through a hard time. Maybe a classmate whose grandparent died, or a friend whose parents are getting divorced, or someone who just moved and misses their old home.

### Create a card with:

- A kind message
- A colorful drawing
- A Bible verse
- Anything that would make them smile

### Example messages:

1. "God is with you when you're sad."
2. "I'm praying for you!"
3. "Jesus sees your tears and loves you."
4. "You're not alone. I'm here for you."
5. "God will comfort you."



# Jesus comforts me when I am sad



# Jesus comforts me when I am sad



# Review

## Memory Verse Review:

“Blessed are those who mourn, for they shall be comforted.” — Matthew 5:4

## Words of the Week Review:

սգալ - suh-kal - to mourn

մխիթարել - mukh-ee-tar-el - to comfort

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## Lesson Review Questions:

1. What does it mean to mourn? (*To feel very sad, especially for something lost or for the pain of others*)
2. What does Jesus promise to those who mourn? (*They will be comforted*)
3. Who comforts us when we are sad? (*God, through the Holy Spirit, and through loving people like family and friends*)
4. Why did the monk in the desert cry during his prayers? (*Because he loved people so much and wanted God to help them*)
5. Did Jesus ever cry? (*Yes, when His friend Lazarus died and when He saw people hurting*)
6. How can we comfort others who are mourning? (*By praying for them, being kind, giving a hug or a card, listening to them*)
7. Why is mourning sometimes good in our faith? (*It shows our love and compassion, and helps us grow closer to God*)
8. What does Psalm 34:18 say about God and sadness? (*“The Lord is close to the brokenhearted”*)

## Life Application

### What are we going to do with what we have learned today?

This week, pay attention to the sadness you feel and what it’s telling you about your heart. When you feel sad because you hurt someone, apologize and ask God to help you do better. When you see someone at school who looks lonely or upset, be brave and sit with them or ask if they’re okay. If you’re missing someone who moved away or passed away, talk to God about it in prayer and remember that He is close to you. You can also make a comfort card for someone who needs encouragement. Remember, your sadness shows you have a caring heart, and God can use it to help you love others better. Don’t hide your tears from Jesus. He understands, He cares, and He promises to comfort you.

\* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

### Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.