



## Be Empathetic – Week 2

### DISCUSSION GUIDE

#### Overview

In the second message of our new series entitled, *Be Happy*, we learn that when we have the right perspective on life—even in the midst of troubled times—we can find supernatural peace, blessing, and happiness.

#### Discussion Questions

In the *Sermon on the Mount*, Jesus gives one of His first recorded sermons on the Beatitudes to help us walk in His perspective and power. The only way to live the Beatitudes is through the indwelling life of Christ living through us.

- The way Christ lives in us is through our faith in Jesus. We are saved by grace through faith. His life paid for our sin so that we can have life in Him. Have you trusted in Jesus' sacrifice on the cross? Is He your Lord and Savior?

In **John 16:33**, Jesus promises, “...**In the world you will have tribulation; but be of good cheer, I have overcome the world.**” Life's challenges show how much of Christ's character is in us verses the world's character.

- How can we “be of good cheer” when going through trials and tribulations? How can you keep your joy when walking through tragedy?

The word “blessed” means happy. In the Beatitudes, Jesus is redefining happiness. **Matthew 5:4** says, “**Blessed are those who mourn, for they shall be comforted.**” To mourn means to express deep sorrow or grief. Godly sorrow, mourning, and grief are all synonyms in scripture. We grieve *for and with* others in their pain and loss.

Jesus modeled godly sorrow for us. **Isaiah 53:3-4** says, “**He is despised and rejected by men, a Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised and we did not esteem Him. Surely He has borne our griefs and carried our sorrows...**”

- How does knowing that Jesus also experienced grief give you comfort when you grieve?
- How does the promise Jesus gives us in Matthew 5:4 give us hope during a difficult time?

#### Three Lessons on Grief We Learn From Jesus:

##### 1. It's OK to grieve.

Grieving is a biblical response to painful trouble. It is not weak or unspiritual—it is a humble, honest, and healthy response to painful troubles we face.

**John 11:35** says, “**Jesus wept.**” Jesus wept even when He knew God had a bigger plan. It’s important to process our pain and losses in life, like Jesus did, in order to continue to grow in our relationship with God and others.

If we don’t grieve our losses, we lose sensitivity and connection to the pain of others. Grief brings emotional, mental, and physiological healing.

- How does allowing ourselves to experience our own grief help us to have empathy for others who are experiencing loss?

## 2. Grieving puts us on the receiving end of Jesus’ love and empathy.

Grieving is a picture of love in action. Jesus wept because He was moved by His friends’ sorrow. In the same way, Jesus sees us. He is acquainted with our sorrow and wants to cry with us and love us through the pain.

Grieving with others is a beautiful, tangible picture of love and compassion. Paul encourages us to extend the same love and empathy we receive from Jesus to others in **Romans 12:15: “...weep with those who weep.”**

Empathy is defined as understanding a person from his or her frame of reference rather than one’s own; Empathy is vicariously experiencing another person’s feelings, perceptions, and thoughts.

- Can you share a time when Jesus’ empathy comforted you in a season of grief? What are some ways He comforted you during those times?
- How can we show empathy to others?

## 3. Jesus brings new life out of our pain.

An attitude of faith is a humble posture that looks to Jesus to bring life out of loss. **John 11:25** says, “**Jesus said to her, ‘I am the resurrection and the life. Whoever believes in, though he die, yet shall he live,’** “

Jesus is the Man of sorrows and also the Resurrection and the Life. He brings dead things to life. We can biblically grieve as we trust God will bring some good things out of the loss.

- Why is it possible for Jesus to bring new life to something that’s dead or lost?
- How does knowing Jesus will bring new life out of our pain encourage you?

## Life Challenge

When you experience loss, look to Christ for your comfort and peace and surround yourself with a godly community. His promise is true, “**blessed are those who mourn, for they will be comforted**” (**Matthew 5:4**). If you know of others that are grieving, show them the empathy and love of Jesus.

## Prayer

*Jesus, thank You for modeling godly sorrow for us. Thank You for Your gracious heart and encouraging us to grieve when we suffer loss. Give us the peace and comfort You promise in Matthew 5 as we walk towards the healing you have for us. Give us wisdom and help us to be empathetic when others around us experience grief. Amen.*

Pray for the specific needs of the group.