

WEEK SEVEN

# O THE BLESSEDNESS OF THOSE WHO MOURN FOR THEY WILL BE COMFORTED

## BIG IDEA

When we lose something or someone we love,

# JESUS IS CLOSE TO US.

HE WILL COMFORT US AND BRING US HOPE.

### PREP

- Write the following emotions on pieces of card: *Sadness, Shyness, Surprise, Hunger, Confusion, Delight, Anger, Fear.*

### WHAT GOES IN THE BOX?

- Pieces of card with names of emotions.
- A4 sheet of paper and pen, for the 'comfort' chart.



### PLAY

#### Emotional charades

- Lay the cards from the box face down on the table.
- Ask the person who has most recently had a haircut to pick a card, while no one else looks. He or she then acts out that feeling without making any sound and without moving any part of their body except their face and head. (no hand, arm, leg, or other body motions!)

The others must try to guess what feeling is being demonstrated. Once they guess the emotion, the 'actor' must tell about something that made them feel that way. (e.g. "yes, I was being shy, and I feel shy when I don't know anyone at a new place.")

The person who guessed first then chooses another card from the table, and acts out that feeling.

- Continue like this until all the cards have been used.

### INTRO

- Hold up the game card with 'sadness' written on it.

Remember how Jesus told his disciples to be really happy because God's kingdom has come to earth. He explained that in God's kingdom everything is different from how we see it in our world. Sort of like in nano science where tiny sub-atomic particles work differently.

Today's beatitude is O the blessedness of those who mourn – for they shall be comforted.

It seems odd to think that we are blessed when we are sad. We think that being happy or blessed would be winning a soccer game or being famous, but in this beatitude Jesus says that we are blessed when we are sad because God will be close to us.

- **What do you think mourn means?**
- **What do you think blessed means?**

Mourning is when we have lost something really dear to us. Maybe you've cried because you lost someone or something you loved. Perhaps someone you knew died or you lost your pet or something that really mattered to you has gone.

## READ

Today's Bible story is about someone who knew a lot of sadness, but God was with her and comforted her.

☞ A kind, older woman named Naomi lived far from her homeland. Her husband and sons had died. All she had left were her two daughters-in-law, who were now widows. One day, Naomi told them, "I must return to my homeland. I'll miss you, but I'm just an old woman. There's nothing I can do for you."

"Please, Naomi," begged Ruth, one of the daughters-in-law. "Let me go where you go. Your people will be my people. And your God will be my God." Naomi knew Ruth was sad and lost without her husband and she was grateful to have her come. The two women travelled for many days until they finally reached Naomi's hometown, a place called Bethlehem.

"It's time for the barley harvest, Naomi," said Ruth. "If I gather

leftover grain, we can make bread to eat." So Ruth got permission to pick up grain missed by the harvesters.

A man named Boaz owned the field and wondered who she was. "She came back with old Naomi," said his foreman. "All day long, she has worked hard."

Boaz called Ruth to him and said, "Gather as much grain as you need, and my workers will watch for you."

"You are very kind to a foreigner," she said.

"You helped my relative Naomi," said Boaz. "May God bless and reward you for your kindness."

God did bless Ruth. In time she and Boaz became friends. Boaz

shared food, and helped her whenever he could.

One night, Naomi told Ruth to go to the threshing floor where Boaz was sleeping. She told Ruth to wait for him there. When Boaz awoke he was surprised to see Ruth and asked her why she was there. "Naomi has sent me," said Ruth. "Since you are her nearest relative, I have come to ask you to care for us."

"God bless you," said Boaz. "And don't be afraid, for I will take care of you."

Naomi rejoiced when not long after that Ruth and Boaz got married. And Ruth became a happy mother – in fact she was the great-grandmother of the great King David! ☺☺



## WEEK SEVEN

### READ

- **Something really sad happened at the start of this story – what was it?**
- **Ruth and Naomi would have been mourning – Can you think of a time when you have mourned or grieved? A time when you have been really sad about something you have lost?**

When we are mourning we may feel like it will never end and that we will never be happy again, but Psalm 30:5 says, “Weeping may go on all night but joy comes in the morning.” It tells us that we will know joy again. Jesus also says that those who mourn will be comforted.

#### Questions

- **What do you think it means to be comforted?**
- **Who can make us feel better again when we are sad?**
- **The story of Ruth started out really sadly, but it ended in joy. What brought that joy?**

Jesus gives us a special promise in the Beatitudes. He treasures those who love Him. When we are mourning He comes close. Sometimes God uses our family and friends to comfort us, and sometimes we feel Jesus very close to us.

- **Can you think of a time when this has happened for you? Tell us about it.**



### ACTIVITY

#### Reward Chart

Ruth comforted Naomi by promising to stay with her and never leave her. How might we comfort each other?

- Take out the paper and pen, and appoint a ‘scribe’

What are some of the reasons someone may be mourning?

- Now brainstorm some ways people might be mourning and write down some ideas under the heading, ‘OFFERED TO ANYONE WHO IS’

They might be things like: *Sad, Who has lost something, Sorry because they made a mistake or they have done something wrong, Who has had a disappointment*

- Brainstorm ways we can comfort each other and write ideas under the heading, ‘COMFORT’

They might be things like: *A big hug, Forgiveness, An understanding smile, Our prayers*

- Then brainstorm all of your ideas of how Jesus might comfort us when we are mourning.

Life sometimes does have bad and sad things happening, and we can share them with God and with people who love us. Then we will be comforted. *But Jesus also said “Woe to you who laugh while others cry.” So not being proud and selfish when others are sad, but being kind to people who are hurting, is choosing the way of the kingdom of God too.*

Luke 6:25

## PRAY

“Thank you God for promising to comfort us when we mourn and showing us we have hope and a future. Please show us how we can comfort others when they are mourning. Amen.”

☺ SORROW TURNS OUT TO BE NOT A STATE BUT A PROCESS. ☺

- C.S. LEWIS -

## LIVE

This week try to take extra notice of how other family members are feeling. Make time to talk about the hard things as well as the good things in your week.



## OTHER IDEAS

- **Rob the Nest** (in reverse). In the Bible story Boaz showed kindness to Ruth by sharing some of the grain from his fields with her. The aim of this game is to give away as much of your ‘wheat’ as you can to someone else.

Get about five buttons (or walnuts or stones) for each person. This is the wheat.

Give each person a ‘base’ (use a hoop or a tea towel). Spread the bases out about the same distance apart. Give each person their ‘wheat’ to put in their base. When the hooter sounds you have to try and give away as much of your ‘wheat’ as you can by putting it in the others’ bases, but you can only carry one ‘grain’ at a time.

When the hooter sounds again whoever has the least ‘wheat’ in their base (the person who has given away the most) is the winner.

- Start to learn the Beatitudes this week. At the dinner table run a quiz by saying the first part of a beatitude and choosing someone in the family to finish the second part. (Luke 6 or Mathew 5)
- If you have children who are grieving, here is an activity you could use, adapted from [www.ryansheartnpo.org](http://www.ryansheartnpo.org)
- **Fly Like a Lion.** Pile up some cushions next to a table or chair. Talk to your child about strength and power. Discuss people and animals who are powerful and what it means to them. Talk about how powerful God is. Help your child climb onto a table or chair. Let your child jump off onto the soft landing. Encourage them to jump powerfully (like a lion) and use a loud powerful voice (or roar). This is a great exercise for children to take back some of the power they may feel that they have lost during an illness or death, as well as a way to reach and express deep feelings.
- If you have a loved one who has died or moved away, make time this week to share special memories – use photos or do something special that reminds you of them.

CHECK OUT WHAT YOU  
NEED FOR NEXT WEEK...

