

# **If You Want to be Happy, Be Sad**

Matthew 5:4  
(series #15)

**Introduction:** the paradoxes in the teaching of Jesus  
- Matthew 20:26-27

- Luke 9:24

**I. The Importance of Mourning** - Luke 6:25

**II. The Meaning of Mourning**

A. To see our sin as it really is

B. To grieve over it and repent

**III. The Result of Mourning – Comfort**

A. Blessedness and happiness

B. The capability to be happy and sad

**IV. The Illustrations of Mourning and Comfort**

A. Luke 7:36-48

B. Romans 7:15-25a

C. Matthew 26:69-75 / 1<sup>st</sup> Corinthians 15:5

D. Psalm 51:1-11 / Psalm 32:1-2

E. Isaiah 6:1-7

**Concluding applications:** Ps. 34:18, 51:17; Isa. 57:15