



Scriptures

- **Hebrews 4:12**
'¹²For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.'
- **Matthew 5:3**
'³Blessed are the poor in spirit, for theirs is the kingdom of heaven.'
- **Matthew 5:4**
'⁴Blessed are those who mourn, for they shall be comforted.'
- **John 17:3**
'³This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.'
- **Romans 7:14-15, 17-18, 21-25**
'¹⁴For we know that the Law is spiritual, but I am of flesh, sold into bondage to sin. ¹⁵For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.'
'¹⁷So now, no longer am I the one doing it, but sin which dwells in me. ¹⁸For I know that nothing good dwells in me, that is, in my flesh; for the willing is present in me, but the doing of the good is not.'
'²¹I find then the principle that evil is present in me, the one who wants to do good. ²²For I joyfully concur with the law of God in the inner man, ²³but I see a different law in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin which is in my members. ²⁴Wretched man that I am! Who will set me free from the body of this death? ²⁵Thanks be to God through Jesus Christ our Lord! So then, on the one hand I myself with my mind am serving the law of God, but on the other, with my flesh the law of sin.'
- **Matthew 9:14-15**
'¹⁴Then the disciples of John came to Him, asking, "Why do we and the Pharisees fast, but Your disciples do not fast?"¹⁵And Jesus said to them, "The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast.'

Other Scriptures

- **Revelation 3:17, 20, 22**
- **1 Timothy 1:15**
- **Matthew 9:2-7**
- **Matthew 7:14**



Main Points

- Repetition is the motor that the Holy Spirit uses to make deeper impact
- Jesus is talking about mourning our sin
 - We need to be conscious of our sin and mourn for it
 - Our mourning is comforted by the grace of Yeshua, thus making us blessed
- The way up in the Kingdom of God is to go “down”
 - “Down” is to be humbled and realize that we need salvation and forgiveness

Discussion Questions

1. Why is repetition of the same scriptures important in deepening your relationship with God?
2. Discuss how to become more conscious of sin and how you can mourn for it.
3. Read Matthew 9:14-15 and discuss what Jesus was referring to when he said that they should not fast when the Bridegroom was present.
4. Considering Romans 7:21-25, how can you relate to what Paul is explaining here and what is the solution?