

## **BEATITUDE 3 – HAPPY ARE THOSE WHO MOURN**

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

The word ‘mourn’ in this context is when we sin and are truly sorry and go for confession and receive the Holy Spirit in absolution we are comforted. Here Jesus calls the Holy Spirit the Comforter. The Spirit comforts those who are honest and humble when they ask for forgiveness and healing.

Even through suffering, human beings can experience true happiness.

“If anyone want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it.

**Mt 16: 21-25 Jesus speaks about His Suffering and Death.**