

Station 3: Blessed are those who mourn for they
will be consoled

Matthew 5:4

We are blessed when we accept our experience of sorrow and when we can mourn with the poor so that they are not alone in their sorrow. When we mourn, we forget ourselves for a moment and get lost in someone else's pain, then, find ourselves in the very act of getting lost.



When we mourn with hope we will grow in courage and compassion.

I ask God to reveal all the gifts and graces he has given me that keep me sustained: family, friends, safety, civil peace, a home

- ◆ Recall a time when you consoled another at a time of loss, what did you feel like?
- ◆ Can I lament, mourn & engage with the suffering & devastation in the world?
If not what gets in the way?

"Though we are incomplete, God loves us completely. Though we are imperfect, He loves us perfectly. Though we may feel lost and without compass, God's love encompasses us completely. ... He loves every one of us, even those who are flawed, rejected, awkward, sorrowful, or broken." ~ Dieter F. Uchtdorf

- ◆ I ask for the grace to dig deep and recognise my fears. I ask for courage to sit with compassion beside the defenceless and sorrowing.

Invitation to action:

As you pray, you are invited to light a candle and add it to the bowl of water symbolising your desire to have courage to sit with compassion beside the sorrowing.

- ◆ How does it feel to make this act of compassion with those who mourn?

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