

Blessings of the Humble-Hearted **A Life Truly Blessed Part 1**

Matthew 5:1-4 - Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them, saying:

"Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted."

5 Truths to Help Us Understand A Life Truly Blessed

Psalm 40:4 - *How blessed is the man
who has made the LORD his trust,*

1. A Blessed Life _____

"Blessed are the poor in spirit,

2. Spiritual Blessings begin when we understand _____

...for theirs is the kingdom of heaven."

3. The Kingdom of Heaven (God) comes to those who _____

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

4. God's Spirit comforts _____

Colossians 2:6 - *So then, just as you received
Christ Jesus as Lord, continue to live in him.*

5. To maintain spiritual blessing, we must develop _____

Questions for Personal Reflection And Group Discussion

1. The Beatitudes provide a great contrast to this world's notion of *blessedness & happiness*. How would you define pop culture's view of a happy life?

2. The phrase *Poor in Spirit* is a bit difficult to understand. Note: the word for *poor* in Greek literally means having nothing, reduced to begging, like a beggar, totally broke. Discuss this definition: "*a state when you realize that you have nothing and need constant help*". How does this state make someone a candidate for God's blessing?

3. Is it possible to be really poor (financially) and yet be arrogant and prideful? Or can one be rich and still be poor in the spirit? (King David in Old Testament might be a great example of this, in spite of being King, he had a humble and contrite heart.) How would you describe someone who is *spiritually poor*? Psalm 51 might help.

4. Read Isaiah 66:1-2 & Isaiah 57:15. Discuss the type of character that gets the notice of God and how this may contrast to the self-contained, self-sufficient spirit so evident today. The opposite of *poor in spirit* is *proud in spirit*. 1 John 2:16 lists *pride of life* as one of three roots of sin and evidences of independence from God. What are the others?

5. Jesus describes blessings that come to "those who mourn". There can be a variety of reasons for mourning: personal sins, mistakes, failures, the loss of a loved one or job, trials & afflictions, or even thinking about those who don't know Christ. People react differently to grievous situations; some try to ignore it, escape from it, or to replace it with worldly pleasures. Some, however, turn to God to find comfort in their time of suffering and pain. The Greek word for *comforted* is *parakaleo* which means 'to call to the side of', 'to come near'. When we turn to God in our suffering, God calls us to his side, He comforts us and comes to our rescue. Jesus said, in Matthew 11:28-30, "Come to me, all you who are weary and burdened, and I will give you rest." Share the comfort God has provided you. Are you in need of God's comfort today?

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