



T H E  
**BEATITUDES**  
BLESSED ARE THE POOR IN  
SPIRIT AND THOSE WHO MOURN

“BLESSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF HEAVEN.

“BLESSED ARE THOSE WHO MOURN, FOR THEY SHALL BE COMFORTED.

MATTHEW 5:3-4 (ESV)

## GETTING STARTED

What makes you feel happy?

### QUESTION ONE

When was the last time you felt blessed? What was happening?

### QUESTION TWO

Take a moment to look back and read Matthew 5:17. What was Jesus' instruction? What reason did He give for His action?

**Follow Up:** What is the Kingdom of Heaven? Check out this quick 5 minute video for some help! <https://bibleproject.com/explore/video/gospel-kingdom/> Do you live like the Kingdom of God is at hand, or far away, something that will happen someday?

### QUESTION THREE

Read Matthew 5:3-4. Does this describe the “good life” to you? Why or why not?

**Follow Up:** If you were going to write a beatitude based on how you live (functional belief), what would it say? Blessed are the \_\_\_\_\_, for they will \_\_\_\_\_. (i.e., Blessed are those who work hard for they will succeed.)

### QUESTION FOUR

How does what Jesus calls blessed challenge your perception of blessing?

### QUESTION FIVE

Verse 3 says, “Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.” Look up the definition of “poor”. What does it mean?

## QUESTION SIX

Without Jesus, we are all poor in spirit; lacking what we need to meet the sinless standard God set for us. Do you have, or have you ever considered that you were at one point (or are if you have not given your life to Jesus), poor in spirit? What is the promise when we recognize our need?

**Follow Up:** Read Psalm 51:17. What does it say about being poor in spirit?

## QUESTION SEVEN

Read verse 4 on the previous page. When was the last time you mourned? If you feel comfortable sharing, briefly tell what caused your mourning. Did you feel like you were also experiencing blessing at the same time?

## QUESTION EIGHT

The mourning in verse 4 is focused on the state of our soul apart from Christ. Read Ephesians 2:1-3. What does it say about the state of our soul without Christ? Have you ever been grieved by your sin? What is the promise for those who are grieved by their sin (look back at Matthew 5:4)?

## PRAYER & APPLICATION

Read and pray through Psalm 51:1-4 as an act of obedience to Jesus' command in Matthew 5:17, "*repent, for the kingdom of God is at hand*". But don't stop there! Read Ephesians 2:4-5 allowing yourself to be comforted by God's mercy! God delights in showing mercy (Micah 7:18). When we are broken and come to Him, He is generous to forgive and comforts us in Christ through the Holy Spirit. How will you let this truth comfort you this week?