

THE BEATITUDES

9 Eternal Blessings from Heaven to You

A Bible Study Guide

on the Sermon on the Mount — Matthew 5:1–12

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One With God, Inc.

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How to Use This Study

This nine-lesson study walks through the Beatitudes — the opening words of Jesus’ Sermon on the Mount. Each lesson contains a Scripture passage, a teaching, a “Jesus Teaches” summary, study questions for personal reflection or small-group discussion, and a closing prayer.

Use this guide privately, with a friend, or with a small group. Read the Scripture first. Then read the teaching slowly. Pause at the “Jesus Teaches” line and let it settle. Answer the questions honestly. Close in prayer — and watch the Spirit do his work.

May the Lord bless your time in his Word.

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LESSON 1

Blessed Are the Poor in Spirit

Matthew 5:1-3 — 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.”

THIS begins a series of teachings on the Sermon on the Mount. Our Master offers a masterful beginning to this teaching. With his first words, Jesus tells us he has much for us to learn. In order for his disciples — not only the 12 but all who had come to learn from him — to truly learn, they must be “poor in spirit”.

In other words, those who had come to hear Jesus that day must know that they have much to learn. In the learning there must be a humble, prayerful attitude to receive the truth.

You know, don’t you, that you learn more when you understand you truly need to know particular information to accomplish a task. Eager learners are good listeners. Good listening enters open minds. Open minds understand a great desire to understand.

A poor spirit in the Kingdom of God is as an empty stomach. When you are hungry, you need something to eat. In a like manner, when you recognize you hunger for God’s Word to learn of faith, forgiveness, truth, and more, you must know to go to the Bible for additional true teachings.

Jesus Teaches: Know now that you need to know his teachings.

Study Questions

1. In what area of your spiritual life do you sense you still have much to learn?
2. What keeps you from approaching God's Word with a hungry, humble heart?
3. Describe a time when humility opened the door to a new truth from God.
4. How can you cultivate a "poor in spirit" posture in your daily walk this week?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 2

Blessed Are Those Who Mourn

Matthew 5:4 — Blessed are those who mourn, for they will be comforted.

WHEN we mourn the loss of some kind — whether losing the ability to do something we love, losing a job, or tragically mourning a beloved who has died — how is it possible to feel and know any form of blessing?

There are several ways mourning becomes a blessing. The first comes with the promise of comfort. A blessing occurs amid loss when friends offer you their care and comfort. Through a heightened focus on God's Word, prayer and compassion, Jesus' eternal love and his promise of eternal life comfort mournful hearts.

Second, blessing comes to those who mourn their sins. As the Holy Spirit convicts us, we grieve sin and turn from it. We hear this in David's plea: Psalms 51:5–10 — “Surely I was sinful at birth... Create in me a pure heart, O God, and renew a steadfast spirit within me.” A heart that mourns its sins becomes a repentant heart.

Third, the Lord blesses those who weep over others' sin. Mourning others' sin stirs us to pray for them and lead them to truth.

Fourth, mourners in Christ are blessed even as they suffer. Romans 5:3–5 — “Suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us...” Suffering leads to salvation.

In God's providential care, mourning will unlock God's blessings of comfort, repentance, teaching and salvation.

Jesus Teaches: Mourning opens our hearts to know God's blessed personal interaction in our lives.

Study Questions

1. What loss has God used to draw you closer to himself?
2. Have you allowed the Spirit to lead you to mourn your own sin? What changed?
3. Who in your life are you called to mourn over and pray for?
4. How does the promise of eternal comfort change the way you grieve?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 3

Blessed Are the Meek

Matthew 5:5 — Blessed are the meek, for they will inherit the earth.

TO us meekness often means weakness. In the Kingdom of God meekness is a Jesus-centered strength that possesses the Kingdom of God. Great eternal blessing comes out of meekness. When Jesus says, “The meek shall inherit the earth,” he points us to the new Heaven and earth described in Revelation 21.

Paul illustrates meekness: “to slander no one, to be peaceable and considerate, and to show true humility toward all people” (Titus 3:2). To be meek is to be polite, humble and thankful for all things. Meekness is having enough of Christ in us that we are at peace amid all unpleasant matters.

Because of our sin nature, when adversity comes we are likely to think God and most of the world is against us. Meekness guides our hearts to stay steady and trust God in all things.

If Jesus had not been of a meek attitude, submitting to the Father’s will even unto death, he would not have completed the Father’s work. We, then, would not have a Savior. We are called to mirror our meek Lord with a gentle heart prepared to serve the Savior — some, even, will have to die for Christ’s cause.

Jesus Teaches: Meekness brings a steady flow of God’s presence into your life.

Study Questions

1. Where does the world tell you that meekness is weakness?
2. How did Jesus model meekness for you?
3. In what relationship is God calling you to respond with gentleness this week?
4. What does it mean for the meek to “inherit the earth”?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 4

Blessed Are Those Who Hunger and Thirst for Righteousness

Matthew 5:6 — Blessed are those who hunger and thirst for righteousness, for they will be filled.

THE human body is often hungry and thirsty. We want to quickly satisfy the need. In the same manner, is your spiritual body hungry and thirsty? How is your appetite for truth? Do you thirst for God's Word?

To be hungry and thirsty for God's righteousness sometimes requires appetizers. Our unrighteous nature stirs us to look to the world for satisfaction. But constant consumption of unrighteousness tragically deepens hunger and thirst. This is why people who refuse to follow Jesus all lose their way.

Righteousness Appetizer — To seek first the Kingdom of God is the only way to satisfy your spirit. Take time for a word of prayer and a short reading from the Bible. A righteousness appetizer can be a challenge, a comfort, a promise, a hope and a God-centered purpose preached. It can come from a praise song or a sacred hymn, a God sighting as you see him heal, or a friend brought to encourage you.

Jesus demonstrated this in his conversation with the woman at the well (John 4:10–14): “Whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life.” Thirsty, she drank of him — then offered him to others. She is a righteous example for us.

Jesus Teaches: “Taste and see that the LORD is good. Blessed is the one who takes refuge in him.” (Psalm 34:8)

Study Questions

1. What worldly “appetizers” dull your spiritual hunger?
2. What daily “righteousness appetizer” could feed your soul?
3. Where in your life do you most need Jesus’ “living water” right now?
4. Like the woman at the well, who can you point to Jesus this week?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 5

Blessed Are the Merciful

Matthew 5:7 — Blessed are the merciful, for they will be shown mercy.

WHEN you think of someone who is merciful, who comes to mind? Merciful people forgive, show compassion, kindness and patience. You could say they live the way of love: 1 Corinthians 13:4–5 — “Love is patient, love is kind... it keeps no record of wrongs.”

A “me-first” culture sees a problem with a merciful heart. To be merciful, we must give up a good deal of ourselves. We must have a heart willing to forgive and be inclined to adjust our life to the needs of people God places in our path.

Sometimes when you help someone who doesn’t know you, the person might view you with suspicion, even rejection. Other times people are very appreciative. This is mercy’s blessing: Jesus promises he will reward those who seek to love others, following his example.

Your reward is a more generous relationship with others and a more intimate relationship with God. Above all, the merciful glorify the merciful God.

Jesus Teaches: Mercy becomes real when you realize Christ’s mercy poured out for the salvation of all who believe.

Study Questions

1. Who in your life most needs to receive mercy from you right now?
2. What “record of wrongs” is God asking you to release?
3. How has Christ’s mercy changed the way you treat others?
4. What is one practical act of mercy you can offer this week?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 6

Blessed Are the Pure in Heart

Matthew 5:8 — Blessed are the pure in heart, for they will see God.

JESUS' teaching here may be the easiest to understand. All Scripture consistently points to the desire and benefit of a pure heart. "He who loves a pure heart and whose speech is gracious will have the king for his friend" (Proverbs 22:11). "Flee the evil desires of youth, and pursue righteousness, faith, love and peace..." (2 Timothy 2:22).

A pure heart is synonymous with holiness — God's perfection. Purity is without blemish. Our holy, pure Father in Heaven teaches us through the Son and the Spirit that we must strive to have holy eyes to see his perfection.

The Gospel of God is our pure cleansing agent to wash away the impurities that threaten us. Our heart will readily receive God's purity when we keep it clean with confession of sin and commitment to truth.

Live with a desire for a pure heart. Strive to be clean in your thoughts, words and deeds. Worship God with a true desire to repent of your sins and praise his forgiveness. Live scrubbed clean in Jesus' truth through the Spirit's power.

Jesus Teaches: God's Word scrubs you clean to see God.

Study Questions

1. What “impurity” is the Spirit currently asking you to confess?
2. How does daily time in Scripture cleanse your heart?
3. Where do your thoughts most often need to be brought captive to Christ?
4. What does it look like for you to “see God” today?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 7

Blessed Are the Peacemakers

Matthew 5:9 — Blessed are the peacemakers, for they will be called people of God.

CONSIDER the hymn “I Need Thee Every Hour” — “Temptation loses its power when Thou art near” and “I come to Thee.”

Temptation is so powerful it caused the first conflict between God’s Word and mankind’s mind when Satan tempted Eve: “Did God really say?” (Genesis 3:1). How often we turn from the Spirit’s fruit: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law” (Galatians 5:22–23).

When you are in Jesus’ salvation, the Spirit has given you God’s bountiful spiritual life. Alive in this fruit, we call God “Father.” We are his sons and daughters. This fruit is God’s character deposited into your heart, and it will destroy temptation’s power so the Lord becomes your Conqueror.

When conflict becomes severe, the Spirit reminds you, “I need Thee every hour.” Are you living with too much conflict? Then turn to the Spirit’s fruit. Be at peace in your soul, knowing you are God’s child — and help others find that peace, too.

Jesus Teaches: When temptation threatens, go to prayer to tell Jesus, “I come to Thee.”

Study Questions

1. Where in your life are you experiencing conflict that needs God's peace?
2. Which fruit of the Spirit do you most need the Spirit to grow in you?
3. How does being a peacemaker differ from being a peacekeeper?
4. Who in your life needs you to help them find peace with God?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 8

Blessed Are the Persecuted for Righteousness

Matthew 5:10 — Blessed are those who are persecuted because of righteousness, for theirs is the Kingdom of Heaven.

WE really don't like this beatitude, do we? We can tell one another, "Stand for Jesus no matter the cost!" — but those are easy words to say. Think of how fearful we become when we want to do something new in Jesus' church. Persecution surely comes if you want to change the music, drop a "program", or discipline an unrepentant member. Pastors have been fired because they dared to teach Scripture's judgments of sin.

These persecutions are very minimal compared to what many endure. Each year the number of martyrs for Jesus continues to increase. The word "martyr" comes from "witness." When Jesus said, "You will be my witnesses... to the ends of the earth" (Acts 1:8), he commissioned his disciples to testify of him and even suffer for him.

The blessing in persecution comes when we testify of Jesus to the point we're persecuted for our faith. We confess to the world: "I am Jesus' true disciple. He, and no one else, is my Lord."

When we commit all of our life to Jesus, he becomes a closer, more personal friend. We live in love with him. We are willing to take up our cross and follow the King (Matthew 16:24) into the spiritual war for Jesus' sake.

Jesus Teaches: Jesus took up his cross for your sake. Will you do the same for him?

Study Questions

1. Where have you stayed silent for fear of rejection?
2. What “cross” is Jesus calling you to take up right now?
3. How can you support and pray for the persecuted Church worldwide?
4. What would total commitment to Jesus cost you — and is he worth it?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

LESSON 9

Blessed Are You When People Insult You

Matthew 5:11-12 — “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in Heaven, for in the same way they persecuted the prophets who were before you.”

JESUS reaffirms that when we fix our eyes on him to call him “Lord,” we are to rejoice above earthly insults and trials. Deep in our faith we understand Jesus reigns over our lives and over all creation. No harsh words can disturb the joy of knowing Jesus in this way.

The Jews knew about insults. They had not known true freedom for centuries. Foreign invaders had long oppressed them. Even worse, they lived in distress under their own Pharisees’ stringent laws. The entire structure of Jewish society around Jesus’ time was political and religious imprisonment under Rome, the Herods, and the religious leaders. How could they rejoice?

Jesus teaches them how. He tells them to rejoice as a response to God’s gracious mercy. To rejoice is to put your faith in action! When you consider the world and Jesus’ magnificent love for you, your heart leaps with joy. You know The Victor is your King.

Jesus effectively says, “When you realize the blessings you receive from God’s truth your heart will celebrate. Be exceedingly glad because he has called you to this eternal relationship.”

Jesus Teaches: Rejoice with a voice of praise to Jesus today.

Study Questions

1. What insults or pressures tempt you to hide your faith?
2. How does eternity reshape the way you respond to today's trials?
3. What does it look like for you to "rejoice and be glad" this week?
4. Who could you encourage who is suffering for Jesus' sake?

Prayer

Lord Jesus, write this beatitude on my heart. Form me into the disciple you have called me to be, and give me the courage to live what you teach. In your holy name, Amen.

A Closing Word

The Beatitudes are not a checklist — they are a portrait of the disciple Jesus is shaping you to be. As you finish this study, do not close the book and walk away. Walk forward. Let the Spirit press these blessings into the way you live, speak, work, love, and worship.

“You are the light of the world. A city on a hill cannot be hidden... let your light shine before men, that they may see your good deeds and praise your Father in heaven.” (Matthew 5:14–16)

— One With God, Inc. —

Raising Up the Church