



“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

On the side of a mountain in rural Israel, Jesus stands up to tell the story of what it means to be His follower on Earth *as it is* in Heaven.

As we walk through the Sermon we are faced with these questions:

Do you believe the story that this sermon tells?

Do you love the one (Jesus) who is telling it?

Take a moment to reflect on these questions as a group. Considering the good life that Jesus announces, specifically blessed are the poor in spirit and blessed are those who mourn, how have these questions confronted or comforted you?

The *poor in spirit* are those who recognize their greatest need is God; this is more than a belief and more of a posture in life. What messages do you hear everyday that would contradict this? Where do you hear them? In the media? In yourself? At work? Reflect on this together.

Blessed are those who mourn. Mourning is carrying our grief/pain to God. Typically in our brokenness we ignore, dishonor or idolize suffering. What reaction do you most relate to?

Jesus calls his followers to mourn that which is broken. In your life, in the life of others, in this world currently, what is God calling you to mourn?

Look through the practice guide together as a group ([found here](#)). The practices are the way to “life to the full.” They are how we posture our mind and body to abide in Jesus and access the presence of God. They are exercises that help us enter into our *poverty in spirit* and to *carry our grief to God*. As you awake to pray, fast and abide in Jesus in silence consider our need for God and His comfort in our losses.