

BLESSED?

Ice Breaker

(in groups of 2 or 3 for larger groups)

Share about a highlight from your summer.

Talk About it!

Part 1

Read Matthew 5:3-4 and talk about it:

1. How do you typically respond when you feel weak or inadequate?
2. Share a time when you realized you couldn't do something on your own and had to rely on someone else (physically, emotionally, or relationally).
3. How does Jesus' perspective on blessing differ from the world's perspective on success or happiness?

Part 2

Read Matthew 5:3-4 and Acts 17:24-25 and talk about it:

1. How does acknowledging our dependence on God for our physical health change the way we care for our bodies?
2. How have you experienced total dependence on God in your physical life?

Part 3

Read Romans 12:4-5 and 1 Thessalonians 5:11 and talk about it:

1. How does being "poor in spirit" relationally affect the way you interact with others?
2. In what ways have you become aware of your true and real need for other people?

Part 4

Read Proverbs 2:6 and talk about it:

1. When you reflect on the idea that God is the source of all wisdom, how does that impact your approach to decision-making and learning?
2. Share a time when you had to trust God for your intellectual capability.

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Part 5



Read Deuteronomy 8:18 and talk about it:

1. How does the concept of being "poor in spirit" financially challenge your perspective on money?
2. How can you practice trusting God as your provider, especially in times of financial uncertainty?

Part 6

Read Philippians 4:7 and Galatians 5:22-23 and talk about it:

1. What role does emotional health play in living out the Kingdom values Jesus teaches?
2. How do you experience God's peace in your emotional life, especially in moments of turmoil?

Part 7

Read James 4:8-10 and Matthew 5:3-4 and talk about it:

1. Why is it so crucial to embrace our spiritual poverty?
2. What does it mean to be "blessed" in God's Kingdom when you feel broken or mournful?
3. How have you experienced comfort through mourning?