

**The Beatitudes (1)**

Passages: Mt 5:1–12

*Memory Verse*

---

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3)

<b>Knowledge of God’s Will [God’s Word]</b>	<b>Knowledge of God [God’s Divine Nature]</b>	<b>Good Work [Behavior]</b>
Understand the full meaning of the first four beatitudes.	1. God is gentle and meek. 2. God is righteous.	1. Seek after the fruit of the Holy Spirit. 2. Rely on God for endurance, strength, and wisdom to live out the Beatitudes.

*Overview*

---

**Events and Spiritual Teachings**

- A. Blessed are the poor in spirit, for theirs is the kingdom of heaven
- B. Blessed are those who mourn, for they shall be comforted
- C. Blessed are the meek, for they shall inherit the earth
- D. Blessed are those who hunger and thirst for righteousness, for they shall be filled

**Memory Verse**

**Conclusion:** These eight promises are blessings of the kingdom of God—they are a part of God, and they all belong to the kingdom.

### **The Beatitudes**

Today, we will focus on the teachings of the first four beatitudes. The Beatitudes received their name from the Latin word *beatus* meaning “blessed.” The Greek term means “happy, fortunate.” Jesus is teaching us that true joy and blessedness can only come from an upright relationship with God. The Beatitudes are the blessings and promises God gives to those who seek after Him. Not only that, they are also an invitation to those who desire to follow God and live out the Beatitudes. The Beatitudes are an assurance of what is to come when you enter the kingdom of heaven.

Let us read Matthew 5:1–12.

#### **A. Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

##### **Meaning**

The word “poor” is not referring to a lack of material possessions, but a spiritual attitude. A person who is “poor in spirit” is one that is humble before God. The person is never arrogant, self-righteous, or proud, but genuinely depends on God for His deliverance. Whether the person is physically rich or poor, he seeks the Lord Jesus with a broken heart and a contrite spirit. In return, his “is the kingdom of heaven” (e.g., the Ethiopian (Acts 8:26–38); Cornelius (Acts 10:1–48); the members at Ephesus (Acts 19:5–7)).

##### **Question: How does one become “poor in spirit”?**

Through repentance and submission to God’s word and His will (Ps 51:1–6; Isa 66:1–2; 61:1–3).

##### **Life Application**

In order to become poor in spirit, there are several actions we must take. Let’s examine the actions we need to take and then consider: Have you presented before God a spirit that is poor? Have you expressed your needs before God?

1. To become poor in spirit, we must first confess our iniquities and repent from our sins (Eccl 7:20). With true repentance we can develop a deeper relationship with God because He dwells with those who have a contrite and humble spirit (Isa 57:15).
2. Upon humbling ourselves, we can then continuously seek Him through praying, attending services, and studying His word.
3. Most importantly, we must develop a reliance on God—we want to live in total obedience and dependence on God physically, emotionally, financially, and spiritually through faith and trust.

#### **B. Blessed are those who mourn, for they shall be comforted.**

##### **Meaning**

The word “mourn” means “to experience deep grief.” The type of mourning mentioned in this verse refers to mourning over sin. If we are humble, we will mourn our sins and the sins of this world. The contrite in heart and the afflicted are promised the blessing of forgiveness and joy in God. Jesus reminds us that we cannot seek happiness the way the world does. If we mourn over our own sins, God will look on us with favor. Those who agree with God regarding the evil in their hearts, and who also mourn its presence, are blessed because they shall receive comfort from the Holy Spirit, the Comforter (Jn 14:16).

##### **Question: How does one become blessed through mourning?**

Mourning that leads to repentance will be blessed. “For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death” (2 Cor 7:10). Repentance results in forgiveness and cleansing from God (Ps 30:5).

Isaiah 66:2 records that the Lord will look “on him who is poor and of a contrite spirit, and who trembles at My word.” The Holy Spirit, whose role is to comfort those who repent of their sins and ask for forgiveness and healing, will comfort those who experience this type of mourning. Thus, true comfort is not found in hiding our sins, but in admitting our sins to God and striving to overcome them in the future. Those who do so will be cleansed and forgiven by God, and those who truly mourn over sins will find reconciliation with God (2 Cor 5:18).

### **Life Application**

In order to truly mourn over your sins, there are a few things you must do.

1. Name the particular sin that has a hold on you (e.g., pride, lying, stealing, lust of the flesh, lust of the eyes, impure speech, bitterness, complacency, jealousy, etc.). Consider what this sin has cost you and those around you. Most importantly, think about how costly this sin was for Jesus, who bore your sins on the cross and died for you (Jas 4:8–10).
2. Confess your sins to God through prayer without making any excuses (1 Jn 1:9).
3. Experience heartfelt sorrow and confess to Him with “a broken spirit, a broken and a contrite heart” (Ps 51:17).

### **C. Blessed are the meek, for they shall inherit the earth.**

The Greek word *praeis* translates to “meek” and refers to mildness, gentleness of spirit, or humility.

#### **Meaning**

When a humble person becomes meek, they do not exploit or oppress others (Mt 5:39). Although the meek do not seek vengeance or power for their own gain, they are not weak or ineffective in times of hardship. They have a spirit of self-control and always speak gracious words that are seasoned with salt (Col 4:6). They are not easily angered (Prov 14:29) but are gentle and humble just like Jesus was. Meekness is humility toward God and toward man. It is having the right or the power to do something but refraining for the benefit of someone else. Meekness is a virtue that manifests when we live a life worthy of the calling with which we are called (Eph 4:1–2).

In this beatitude, the “earth” refers to the promise of God—the blessings He gives us, the land God made room for us to be fruitful in this life (Gen 26:22), and the new heaven and the new earth in eternity that is our inheritance from God (Eph 1:14; Rev 21:1).

#### **Question: How does one become meek? What does God want us to learn?**

Meekness here emphasizes our attitude toward God. It refers to our fear of Him and our submission to His commandments. If we are obedient to God, we will experience the same blessings Isaac and Joseph experienced (Gen 26:2–6, 12–14; 50:19–20).

Meekness is not a weakness, but a strength. It is exemplified in the tranquil stillness of a heart before God—a heart that is at rest. This is only possible through a deep confidence in God, because only one who trusts in God’s protection can be free of any worries and anxieties. So how does one experience this rest and become meek? We need to seek the Lord, seek righteousness, and trust in the name of God (Zeph 2:3; 3:12). We need to pray for meekness and ask God to give us a new heart and a new spirit (Ezek 36:26).

### **Life Application**

Meekness is being humble in front of God and showing humility towards others. There are many times when we have the right or authority to do or say something, but because of God's teachings, we refrain from doing so in order to build someone up and to shine for Him. In Matthew 5:16 Jesus says, "Let your light so shine before men, that they may see your good works and glorify your Father in heaven." God wants us to live a lifestyle that will glorify Him and make people think about Him. So how do we become meek and glorify God with our lives?

1. "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls." (Mt 11:29)
2. "I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love." (Eph 4:1–2)
3. Model the humility of Jesus Christ described in Philippians 2:6–8. Jesus had every right to do what He wanted. Yet, in order to save us, He humbled Himself by taking the form of a servant, becoming obedient to the point of death—even death on the cross. Jesus exemplifies meekness.

In the end, no one is meek by nature. Meekness is developed through our daily walk with Jesus as we strive to become more like Him.

### **D. Blessed are those who hunger and thirst for righteousness, for they shall be filled.**

#### **Meaning**

Jesus uses eating and drinking as metaphors to show us how we will receive His blessing when we seek after His righteousness. Righteousness refers to what is right in the eyes of God, so those who hunger and thirst for it are those eager to follow God's will and truth and to seek the fulfillment of God's kingdom. This is a desire that God delights in and a desire that He has promised to fulfill. The closer we are to God, the more sensitive we become to the unrighteousness in the world, and the more we hunger for righteousness. This is a powerful desire, and God will fill those who hunger and thirst for His righteousness.

#### **Question: How do we make sure we have this hunger and thirst for righteousness?**

#### **Life Application**

Hunger and thirst are strong desires. Do you have the same kind of desperation to pursue after God's righteousness? In order to be filled, we need to:

#### **1. Have the longing**

"As the deer pants for the water brooks, so pants my soul for You, O God. My soul thirsts for God, for the living God. When shall I come and appear before God?" (Ps 42:1–2). Can you sense the longing for righteousness in David's words? In Psalm 63:1, David also writes, "O God, You are my God; early will I seek You; my soul thirsts for You; my flesh longs for You in a dry and thirsty land where there is no water."

#### **2. Take action**

When we are hungry, we look for food. When we are thirsty, we look for a drink. We need to take action spiritually as well! Jesus said, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst" (Jn 6:35). Our real hunger and thirst must be for God, our source of life.

Hungering and thirsting for righteousness also requires us to seek satisfaction in Jesus Christ, not in this world. Let Him feed us with His manna, and be filled with the power of the Holy Spirit so that “out of [our] heart[s] will flow rivers of living water” (Jn 7:38). Hungering and thirsting for righteousness means pursuing the following:

- a. For the truth to be preached to the ends of the earth (Mk 16:15).
- b. For God’s will to be done (Mt 6:10).
- c. For us to accomplish His work (Jn 4:34).

Salvation begins with a hungry heart, and God promises that He will fill us. As long as we seek Him, we will be filled.

### *Check for Understanding*

---

1. **What are the Beatitudes?** The Beatitudes are blessings and promises from God given to those who seek to live a godly life and follow God.
2. **What is the meaning of “poor in spirit”?** Those who are poor in spirit are humble before God. They have a deep contrition before God and have no arrogance, self-righteousness, or pride.
3. **How does one become blessed through mourning?** When we mourn for our sins, we come before God with a broken heart and a contrite spirit. Then, the Holy Spirit comforts us when we repent of our sins, and God cleanses us and forgives our transgressions. Our godly sorrow produces repentance leading to salvation (2 Cor 7:10).
4. **What does it mean to be meek?** The meek do not exploit or oppress others, but have a spirit of gentleness and humility like Jesus. The meek have self-control and always speak gracious words, seasoned with salt.
5. **What does God want us to learn about meekness?** One who is truly meek is someone with a heart of rest. This means they have no worries or anxieties, something only possible for one who is able to completely and totally rely on God.
6. **What does righteousness refer to in this context?** Righteousness refers to the truth of God. When we thirst for righteousness, we are eagerly seeking after God and His truth.

### *Memory Verse*

---

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3)

### **Meanings**

1. This teaches us that we need to understand:
  - a. how unworthy we are before God
  - b. how helpless we are before God
  - c. how powerless we are
  - d. how unrighteous we are before God, and admit that we are all sinners
2. God has promised that we will be blessed because He will be with us; He will help us and strengthen us by holding our right hand (Isa 41:13).

### *Conclusion*

---

Each beatitude reminds us of the blessings of eternity, if only we are willing to change ourselves and pursue each one. Jesus is showing us that the pathway to heaven is laid out before us if we constantly live out these beatitudes.

1. *Blessed are the poor in spirit, for theirs is the kingdom of heaven*—empty our cup and open ourselves before God.
2. *Blessed are those who mourn, for they shall be comforted*—have heartfelt sorrow and confess to God with a broken and contrite spirit.
3. *Blessed are the meek, for they shall inherit the earth*—be humble and gentle.
4. *Blessed are those who hunger and thirst for righteousness, for they shall be filled*—seek God with all our heart.

### Lesson 3 Homework Assignment Answer Key

1. What are the Beatitudes?

*The Beatitudes are the blessings and promises God gives to those who seek after Him.*

2. For each of the beatitudes we learned today, write:

- What it is,
- What it means, and
- What it is teaching us about how to live our lives.

a. *Blessed are the poor in spirit, for theirs is the kingdom of heaven—empty our cup and open ourselves before God.*

b. *Blessed are those who mourn, for they shall be comforted—have heartfelt sorrow and confess to God with a broken and contrite spirit.*

c. *Blessed are the meek, for they shall inherit the earth—be humble and gentle.*

d. *Blessed are those who hunger and thirst for righteousness, for they shall be filled—seek God with all our heart.*