



JESUS:

A Life of Impact 2025 SERIES

The Heart of the Kingdom

The Beautitudes

Matthew 5:1-10



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Introduction

Jesus gave his first recorded sermon on a hill near Capernaum, next to the Sea of Galilee. This was a perfect spot because everyone could hear Him well, and though it was far from Jerusalem's religious centre, it became a very important place. By this time, Jesus had become well-known as a teacher and healer around Galilee, Syria, and Decapolis. All kinds of people came to hear Him speak - from fishermen to tax collectors to religious teachers. The people were living under Roman rule and many Jews were hoping for a leader who would free them.

Jesus sat down to teach, as teachers did in those days. He then began to share ideas that would change how people thought about God's kingdom and power.

This teaching is known as the Beatitudes and is the introduction to the Sermon on the Mount. In it, Jesus reveals the heart of God's Kingdom. He painted a portrait of Kingdom living that would challenge every preconception about what it means to be truly blessed. His words challenged what people thought it meant to be blessed by God.

Each teaching in the Beatitudes connects to the next one. Together, they show how a person can become more like Jesus. He talked about everything from being humble to facing hard times for what you believe.

What makes these teachings special is that they're different from what most people think. In a world that pursues happiness through power, pleasure, and prosperity, Jesus presents a startlingly different path. He tells us that the broken-hearted are blessed, the meek will inherit the earth, and those who hunger for righteousness will be satisfied. These are not just counter-cultural statements; they are kingdom principles that turn our natural understanding upside down.

We pray that, in your study of these wonderful kingdom statements of Jesus, His teachings will transform your heart. Use each week to discover more of God's heart for you and His people.

We pray that you will learn how to align your heart with the values of God's kingdom and that these foundational teachings of Jesus will not just reveal the heart of His kingdom but will transform your heart. We pray that you will discover what true happiness is according to God's design.

Week 1: Blessed are the Poor in Spirit

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

Introduction to this week's study

In a world that celebrates self-sufficiency, achievement, and spiritual pride, Jesus declares that true blessing comes through recognising our complete spiritual bankruptcy before God.

What does it mean to be poor in spirit? Far from being a call to low self-esteem or false humility, this beatitude invites us into a profound understanding of our need for God and His grace. Like empty vessels waiting to be filled, those who acknowledge their spiritual poverty create space for God's kingdom to enter and transform their lives.

As we explore this verse, we'll discover how this counter-cultural principle opens the door to experiencing the fullness of God's kingdom both now and in eternity.

DAY 1: Understanding Spiritual Poverty

Scripture: Matthew 5:3, Isaiah 57:15, Psalm 34:18 and Revelation 3:17-18	3
What does it mean to be "poor in spirit"?	
How does spiritual poverty differ from materia poverty?	ιl
Why is this Beatitude listed first?	

DAY 2: The Kingdom Response

Scripture: Luke 18:9-14, Isaiah 66:2 and James 4:6-10 How do the Pharisee and Tax Collector differ in their spiritual awareness? What makes the tax collector's prayer powerful? How can you cultivate this attitude in your own prayer life?

DAY 3: Examples of Spiritual Poverty

Scripture: Isaiah 6:1-5, Job 42:1-6 and Daniel 10:4-8				
How did Isaiah respond to God's holiness?				
What happened after Isaiah acknowledg unworthiness?	ed his			
How does seeing God's glory affect ou perception?	ır self-			

DAY 4: The Promise of the Kingdom of Heaven

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DAY 5: Walking in Spiritual Poverty

Scripture: Philippians 3:7-11, 2 Corinthians 12:9-10 and 1 Timothy 1:15
What did Paul count as a loss compared to knowing Christ?
How can we maintain spiritual poverty while growing in Christ?
What needs to change in your life to embrace thi attitude?

SMALL GROUP DISCUSSION

18:14	Matthew 5:3, Proverbs 29:23 and Luke
describe the Matthew 5:3 kind of bles	84:12. Jesus uses the word "blessed" to ose who are poor in spirit. Looking at 3 alongside Psalm 84:12 how does this sing differ from what the world typically essed? What does true blessing look like gdom?
poverty dir heaven." wh become like kingdom of relate to be	ew 18:2-4. Matthew 5:3 connects spiritual rectly to receiving "the kingdom of lere Jesus says, " <i>Unless you change and little children, you will never enter the heaven</i> ." How does childlike dependence ing poor in spirit? Why might this be a for entering God's kingdom?

Read Revelation 3:17-18. Matthew 5:3 as the first
Beatitude, sets the foundation for all that follows.
Why do you think Jesus placed this teaching about
being poor in spirit first? How does acknowledging
our spiritual poverty open the door to experiencing
the other Beatitudes?
NAVIonal properties I sales and second properties and second prope
What practical steps can you take to cultivate
spiritual poverty? What barriers prevent you from
admitting your spiritual neediness?

Week 2: Blessed are those who Mourn

Memory Verse: "Blessed are those who mourn, for they will be comforted." (Matthew 5:4)

Introduction to this week's study

When Jesus proclaimed, "Blessed are those who mourn, for they will be comforted," it might sound strange to us. Many people think we should hide our sadness and pretend to be happy all the time. But Jesus taught that it's good to let ourselves feel sad sometimes, because when we do, God will comfort us.

Once we recognise our spiritual poverty, we begin to mourn - not just for personal losses, but for our own brokenness, the suffering around us, and the effects of sin in our world. This mourning goes deeper than mere sadness; it reflects a heart that is tender toward the things that grieve God's heart.

The Greek word used for "mourn" here is the strongest word for grief, yet Jesus pairs this intense grief with a promise; "they will be comforted." This comfort isn't just temporary relief but speaks to the deep consolation that comes from God Himself.

DAY 1: Understanding Godly Sorrow

Scripture: James 4:8	2 Corinthiar -10	ns 7:8-11,	Psalm	51:1-4	and
What's the	e difference ow?	between v	worldly	sorrow	and
How does	godly sorrow	lead to re	epentan 	ce?	
What are t	the outcomes	of godly	sorrow i	n your l	ife?
				· · · · · · · · · · · · · · · · · · ·	

DAY 2: Mourning Over Sin

ılm 38:1-8	, Ezra 9	:5-1	5 and Luke 2	2:61-
vid expres	s his gr	rief (over sin?	
ortant to f	eel grie	f ov	er our sins?	
his Psalm	ı help	us	understand	true
	ortant to f	vid express his gr	vid express his grief ov	vid express his grief over sin? ortant to feel grief over our sins? his Psalm help us understand

DAY 3: The Promise of Comfort

Scripture: Isaiah 61:1-3 and Revelation 21:3-4
How does God transform mourning into joy?
Isaiah 61:3 mentions several transformations: "beauty instead of ashes," "joy instead of mourning," and "praise instead of despair." What do you think these contrasts represent in people's spiritual lives? Can you think of a time when you experienced any of these transformations?
How have you experienced God's comfort in your life?

DAY 4: Mourning with Others

Scripture:	Rom	ans	12:	15,	Job	2:1	1-13	and
1 Corinthia	ıns 12	:26		ŕ				
Why are we	e called	d to r	nour	n wit	h othe	rs?		
How can sł	naring	grief	f brin	g cor	nfort?			
What prac	tical v	vays	can	you	supp	ort	those	who

DAY 5: From Mourning to Dancing

Scripture: Psalm 30, Psalm 126:5-6, John 16:20-22 and 2 Corinthians 4:17-18 What's the relationship between sowing in tears and reaping in joy? How does this passage encourage perseverance? What seeds of faith are you sowing in your current season?

SMALL GROUP DISCUSSION

Revelation 21:1-4
What is the Biblical meaning of "blessed are those who mourn" and why are we blessed in mourning?
Read Isaiah 61:1-3. How does Isaiah's prophecy expand our understanding of the comfort Jesus promises?
Share a time when God brought comfort in your mourning. How can we create safe spaces for people to express grief and sorrow?

How	does	mourn	ing lead	d to spi	ritual gro	owth?	

Week 3: Blessed are the Meek

Memory Verse: "Blessed are the meek, for they will inherit the earth." (Matthew 5:5)

Introduction to this week's study

Jesus said that meek people would inherit the earth. This might sound strange in today's world, where people often think being loud, pushy, and showing off are good things.

When Jesus talked about being "meek," He didn't mean being weak or letting people walk all over you. Think of it like a strong horse that has been well-trained. The horse is still powerful, but it's gentle and responds to tiny signals from its rider. That's what real meekness is like - having strength but using it wisely and gently.

Many people think you need to be aggressive and fight to get what you want in life. But Jesus said something different - He said that gentle, humble people who control their strength will end up being the ones who truly succeed.

DAY 1: Understanding Meekness

Scripture: Matthew 5:5, 11:28-30, Numbers 12:3 and Zephaniah 2:3
How does Jesus define meekness through His owr example?
What does it mean to be "gentle and humble ir heart"?
How is meekness different from weakness?

DAY 2: Strength Under Control

Scripture: 1 Peter 3:1	Numbers 5	12.3,	Matthew	20.33 3 .	una
	Moses' l under conti		monstrate	e meeknes	s as
In what wa	vs did lesu	c domo	netroto no		
His arrest power to s	and crucif				_
How can	and crucif	ixion,	even thou	in our	d the

DAY 3: Inheriting the Earth

DAY 4: Learning from Jesus

How can	you follow	v Jesus's exam	ple today?		
What do	es this tea	ch us about tru	ue leadershi	p?	
	-	demonstrate to Jerusalem?	meekness	in	His
	hians 10:1				

DAY 5: Practicing Meekness

Scripture Titus 3:1		ossian	s 3:12-1	7, Gal	latians	5 5:2	?2-23 and
How doe	s mee	ekness	s relate t	o othe	er Chri	istia	n virtues?
What pr meeknes		al ste	ps can	you	take	to	cultivate
How mi	_	your	relation	ships	chai	nge	through

SMALL GROUP DISCUSSION

=		w 5:5, Psal ppians 2:5-	m 37:10-11, Co	olossians
	=	qualities e passages	characterize ?	Biblical
How do	es our cu	Ilture view	meekness vers	us God's
descript	ion of the	meek inhe	does the priting the land il	

Share a time when	meekness	proved	more	powerfu
than force.				

Week 4: Blessed are those who Hunger and Thirst for Righteousness

Memory Verse: "Blessed are those who hunger and thirst for righteousness, for they will be filled." (Matthew 5:6)

Introduction to this week's study

Jesus talked about hunger and thirst in a way His listeners understood. They lived in a hot, dry place where finding enough food and water wasn't easy. They knew what it felt like to be truly hungry and thirsty.

When Jesus used these words to talk about righteousness (doing what is right and good), He meant we should want it just as badly as a starving person wants food or a thirsty person wants water. It's not just about casually wanting to be a good person - it's about needing it so much that it becomes the most important thing to you.

When He promised that people who feel this way would be "filled," He meant they would be completely satisfied - like someone who has eaten a huge meal and couldn't possibly eat another bite. God will fully satisfy people who deeply desire to live right and see justice done in the world.

DAY 1: Understanding Spiritual Hunger

Scripture: Matthew 5:6 and Psalm 42:1-2 What does it mean to hunger and thirst for righteousness? How is spiritual hunger different from physical hunger? How can you recognize spiritual hunger in your life?

DAY 2: The Object of Our Hunger

•	Philippians	3:7-11,	Romans	14:17	and
1 Peter 2:2	24				
What does	s Paul consid	der wort	h pursuin	g abov	e all
How do yo	ou define rigl	nteousne	ess?		
What com	oetes with yo	our hung	er for righ	nteousn	ess?

DAY 3: The Promise of Satisfaction

Scripture: 58:11	John	6:35-40,	Psalm	63:1-5	and	Isaiah
How does	Jesus	satisfy ou	ır spiritı	ual hung	ger?	
What does	it me	an to be "	filled"?			
How have	you e	xperience	d God's	satisfac	tion?	

DAY 4: Maintaining Spiritual Appetite

•		6:33,	Colossians	3:1-4	and
1 Peter 2:2	!-3				
What does	it mean to	seek f	irst God's kir	ngdom?	
How do da	ily choices	affect	spiritual hun	ger?	
What pract	ices help r	naintai	n spiritual ap	petite?	

DAY 5: Living Righteously

Scripture: 1 John 3:7-10, James 2:14-17 and Mica 6:8
How does righteousness manifest in your daily life?
What's the relationship between righteousness an love?
How can you practice righteousness today?

SMALL GROUP DISCUSSION

Scripture: Matthew 5:6, Matthew 6:31-34, Matthew 11:28-30 and Philippians 3:7-11
11.20-30 and Fillippians 3.7-11
Read Matthew 6:31-34. How does this promise of
Jesus in these verses, relate to the meek inheriting
the earth? What's the connection between meekness
and seeking God's kingdom first?
Read Matthew 11:28-30. Since Christ is our model.
what does His self-description teach us about the
true nature of meekness? How is this different from
the world's perception of meekness as a weakness?
Read Philippians 3:7-11. What does it mean to "seek
first" God's righteousness?

How is it possible	that	we	as	sinful-natured	people
are righteous?					
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Week 5: Blessed are the Merciful

Memory Verse: "Blessed are the merciful, for they will be shown mercy." (Matthew 5:7)

Introduction to this week's study

Mercy is more than just feeling sorry for someone – it's compassion in action. When Jesus spoke these words, He was addressing a crowd familiar with religious rules but perhaps less acquainted with the transformative power of mercy. This teaching isn't just about receiving God's mercy; it is about allowing that mercy to flow through us to others.

In our world today, where judgment and criticism often come more naturally than compassion, this beatitude challenges us to examine our hearts. How do we respond when someone wrongs us? What is our reaction to those who fail or disappoint us? Showing mercy isn't a sign of weakness, but rather a reflection of God's character working in us.

DAY 1: Understanding Mercy

Scripture: Matthew 5:7, Luke 10:25-37, James 2:13 and Micah 6:8
How does Jesus define mercy through this parable?
What motivated the Samaritan's actions?
What barriers prevent us from showing mercy?

DAY 2: Receiving God's Mercy

Scripture: Ephesians 2:4-7, 1 Peter 1:3 and Titus 3:4
How has God demonstrated His mercy to us?
Why is understanding received mercy important for showing mercy?
How does God's mercy transform us?

DAY 3: Mercy in Action

In what areas do you need to extend mercy?
How does receiving mercy relate to giving mercy?
What does the unforgiving servant teach us about mercy?
Scripture: Matthew 18:21-35, Colossians 3:12-13 and Luke 6:36

DAY 4: Mercy and Justice

Scripture: James 2:8-13, Psalm 85:10 and Zechariah 7:9-10

How do mercy and justice work together?

Why does mercy triumph over judgment?

How can you balance truth and mercy?

DAY 5: Living Mercifully

Scripture: Luke 6:32-36, Proverbs 19:17 and Matthew 9:13
How does Jesus challenge our natural inclinations?
What does it mean to be merciful to enemies?
How can you show mercy in difficult relationships?

SMALL GROUP DISCUSSION

In	ı W	/ha	t p	ora	cti	cal	Wa	ays	can	you	show	mercy	in	you
fa	family, at work and in the community?													
		,				-	-				,			
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Week 6: Blessed are the Pure in Heart

Memory Verse: "Blessed are the pure in heart, for they will see God." (Matthew 5:8)

Introduction to this week's study

Jesus teaches us that being religious on the outside isn't enough - what really matters is what's in our hearts.

In Jesus' time, people were very focused on following religious rules and keeping themselves physically clean through ceremonies. But Jesus was talking about something different – having a clean heart on the inside, which is more important than just looking religious on the outside.

So, what does having a pure heart mean? It doesn't mean being perfect. Instead, it means being honest with God, being real about who we are, and loving God with our whole heart. Jesus makes an amazing promise – people with pure hearts "will see God." This means not just seeing God in heaven someday but also knowing God better and feeling His presence in our lives right now.

DAY 1: Understanding Purity of the Heart

What's	s the r	elations	hip betwe	en tru	uth and	l puri	ty?
How cleans		David	describe	the	need	for	inner
What (does i	t mean	to be pure	in he	art?		
29:17	and P	roverbs	4:23		·		
Script	ure: M	atthew	5:8, Psaim	151:6	o-10, 1	Chrc	nicles

DAY 2: The Process of Purification

Scripture: James 4:7-10, 1 Peter 1:22 and 2 Timothy 2:20-22

What steps does James outline for purifying our hearts?

How does drawing near to God lead to purity?

What areas of your life need purification?

DAY 3: Seeing God

Scripture: 42:5	Hebrews	12:14-15, Jo	hn 14:21	and Job
Why is hol	iness nece	essary to see (God?	
What does	it mean t	o "see God"?		
How does	purity affe	ect spiritual vi	sion?	

DAY 4: Maintaining Purity

Scripture: 2 Corinthia	Philippians ans 10:5	4:8-9,	Psalm	119:9-11	and
How do ou	ır thoughts a	affect th	e purity	of our he	art?
What pract	tices help ma	aintain p	oure tho	oughts?	
How can y	ou apply this	s verse	practica	lly?	
					

DAY 5: Pure Heart in Action

Scripture: 1 Timothy 1:5, 1 Peter 4:8 and 1 John 3:2
How does a pure heart produce love?
What's the connection between faith and purity?
How can you demonstrate pure motives today?

SMALL GROUP DISCUSSION

Scripture: Matthew 5:8, Psalm 51:6-10, 1 Samuel 16:7 and Hebrews 10:21-23.

Compare David's prayer for purity in Psalm 51:6-10 with Jesus's teaching in Matthew 5:8. How do these passages define purity of the heart, and what is its relationship to "seeing God"?
Read 1 Samuel 16:7. How does this verse help us understand what Jesus means by being "pure in heart"? What's the difference between outward religious behaviour and purity of the heart?

Read Hebrews 10:21-23. How does this verse's connection between a "sincere heart" and drawing near to God expand our understanding of Jesus' words in Matthew 5:8? Consider how the imagery of being "sprinkled" and "washed" relates to purity of

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enges do you fac What practices		.	•

Week 7: Blessed are the Peacemakers

Memory Verse: "Blessed are the peacemakers, for they will be called children of God." (Matthew 5:9)

Introduction to this week's study

In a world torn by conflict - from personal relationships to international warfare - this teaching carries particular weight. The peace Jesus speaks of here goes far beyond the mere absence of conflict. The Hebrew concept of 'shalom,' which would have resonated with His listeners, encompasses complete well-being, wholeness, and harmony in relationship with God and others.

The term "peacemaker" is particularly significant. Jesus doesn't say "blessed are the peaceful" or "blessed are the peace-lovers," but rather blesses those who actively make peace. This is a call to action, to be agents of reconciliation in a fractured world. The profound reward - of being called children of God - reveals that when we engage in genuine peacemaking, we most clearly reflect the character of our heavenly Father, who through Christ has made peace with humanity.

DAY 1: Understanding Biblical Peace

Scripture: 32:17	Matthew	5:9, Jar	mes 3:17	⁷ -18 and	d Isaiah
What char	acterises l	neavenly	wisdom	and pea	ice?
How is Bib	lical peac	e differe	nt from v	vorldly p	peace?
What does	it mean t	o sow p	eace? (NI	V Transl	ation)
	.				· · · · · · · · · · · · · · · · · · ·

DAY 2: The Cost of Peacemaking

What pror difficulty f			those	who	face
	 				
How can y challenges		ed to p	eace d	lespite	e the
Scripture: 1 Peter 3:1	5:10-12,	2 Tir	nothy	3:12	and

DAY 3: Jesus the Peacemaker

-		Ephesia ns 5:1	ans 2:1	4-18, C	olossiar	ns 1:19-2	0
How huma		Jesus	make	peace	betwe	en God	and
What	barri	ers did	Christ	break o	lown?		
How peace		=	follo	ow Ch	rist's	example	 of

DAY 4: Practical Peacemaking

Scripture: Romans 14:19, Hebrews 12:14 and 1 Peter 3:8-9

What builds peace in relationships?

How can you actively pursue peace today?

What sacrifices might peacemaking require?

DAY 5: Rejoicing in Persecution

Scripture: Matthew 5:9 and Romans 14:19

What does it mean to be called a "child of Goodbecause of our role as peacemakers?
How does making peace bring glory to God an reflect His character?
How can the reward of being called God's childre motivate you to seek peace more actively in your life

SMALL GROUP DISCUSSION

Scripture: Matthew 5:9, Hebrews 12:14, Romans

12:17-21and James 3:17-18
Read Colossians 1:19-20. Discuss God's role as the ultimate peacemaker and our call to be peacemakers in Matthew 5:9. How does understanding God's peace-making inform our own?
Read Ephesians 2:14-18. Discuss how Christ's peacemaking works. How does this passage expand our understanding of what it means to be called "children of God"?

Read Romans 12:17-21. What's the difference between being a peacekeeper (maintaining surface harmony) and a peacemaker (actively working for true reconciliation)? Share an example from your own experience.

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Week 8: Blessed are the Persecuted

Memory Verse: "Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven." (Matthew 5:10)

Introduction to this week's study

Notably, Jesus doesn't say "if" persecution comes but speaks with certainty about "those who are persecuted."

The phrase "because of righteousness" is crucial - this isn't about facing consequences for poor choices or being deliberately offensive, but about the persecution that comes from living authentically for Christ. The Greek word for persecution here includes both oppression and personal harassment, suggesting that this opposition can take many forms.

Persecution never is pleasant, but it can be a confirmation that we're living faithfully as citizens of God's kingdom. The promise of the kingdom provides strength and perspective in the face of opposition.

Day 1: Understanding Persecution

Scripture: Matthew 5:10 and 2 Timothy 3:12 What does it mean to be "persecuted because of righteousness" in today's world? How can we discern if our actions reflect God's righteousness rather than self-righteousness? In what ways do you think God's kingdom is revealed to those who face persecution?

Day 2: The Reward of the Kingdom

Scripture: Matthew 5:11 and John 15:18-19 How does enduring persecution strengthen your relationship with Jesus? Why does following Jesus sometimes provoke opposition or misunderstanding? How can remembering the promised reward in heaven help you endure trials?

Day 3: Rejoicing in Suffering

Scripture: Matthew 5:12 and Acts 5:41 Why do you think Jesus calls us to "rejoice and be glad" during persecution? What lessons can we learn from the prophets who endured persecution before us? How can joy in suffering become a testimony to others about your faith?

Day 4: Trusting God amid Opposition

Scripture: Psalm 34:19 and Isaiah 41:10 How does trusting in God's deliverance change your perspective on persecution? In what practical ways can you lean on God when facing opposition? How does this verse encourage you to persevere in your faith journey?

Day 5: Loving Your Enemies

Scripture: Matthew 5:44 and Romans 12:14 What does it look like to love and pray for those who persecute you? How can choosing love over retaliation reflect the heart of God? How does loving your enemies impact your own spiritual growth and testimony?

SMALL GROUP DISCUSSION

Scripture: Matthew 5:10-12 James 1:2-5 2 Timothy

3:10-14 and 1 Peter 2:19-21
Read Matthew 5:10-12. Jesus says that those who are persecuted for righteousness' sake are blessed. How can we reconcile this with the natural human instinct to avoid suffering?
Read James 1:2-5. James speaks of rejoicing in trials and considering them as opportunities for growth. How does this align with the teachings of Jesus in the Matthew 5:10-12 about persecution? What are some practical ways we can cultivate this mindset when facing difficulties?

Read 2 Timothy 3:10-14. Jesus says in Matthew 5:12, we should "rejoice and be glad" when persecuted, because our "reward is great in heaven." Paul speaks

of enduring everything for the sake of the elect, and reminds us that "if we endure, we will also reign with him." How do these eternal perspectives help shape our response to present suffering?
Read 1 Peter 2:19-21. Peter writes about suffering unjustly and following Christ's example. How does Christ's response to persecution serve as a model for us? What specific aspects of His response should we follow?

