



Week 7 – Happy are the Pure in Heart

Series Passage: Matthew 5:1-12

Focus for the Week: Matthew 5:8, Romans 7:14-8:13, Philippians 4:4-9

Discussion Guide:

Q: Have you ever had something that you cared about wrecked? What was it, and how did it get wrecked?

Q: What is something you have difficulty keeping clean?

Purity is hard to achieve. Be it the things we care about, keeping our house clean, and so many other things – and these are just the external areas of our lives. Our hearts are even more difficult to keep pure, but we have this assurance from Jesus:

“Happy are the pure in heart, for they will see God.” (Matthew 5:8)

These words are an encouragement and hope to us all, but there is work to do. Much like how keeping a house clean is an ongoing effort, so too is remaining pure in heart. Paul, in his letter to the Romans, writes about this tension and ongoing effort that it takes to have a pure heart because sin distorts and causes impurities.

Read: Romans 7:14-25

Q: What are things in your life that you know you should do but don't?

Q: What are things that you know you shouldn't do but do anyways?

Q: How do you navigate the tension between these two things?

Read: Romans 8:1-14

Q: What are things that “flesh” desires?

Q: What are things that the Spirit desires?

Q: What does this section in Romans teach us about what it means to be pure in heart?

What we focus on and desire after does not just affect our body and mind; it affects our soul. Pure in heartedness is not something that we can contain in our internal feelings, but it changes how we approach and see everything. Paul reminds us of this in the following passage:

Read: Philippians 4:4-9

Q: What things in our life are:

True? Noble? Right? Pure? Lovely? Admirable? Excellent or praiseworthy?

Finishing Well

“Happy are the pure in heart, for they will see God.” This is a promise that Jesus gives us in the beatitudes. This also highlights for us the importance of where our heart's desires lie. We cannot divide ourselves; God created us whole. Our mind, body, heart, and soul are not separate areas that we can silo from each other. Jesus teaches later in the Sermon on the Mount, “For where your treasure is, there your heart will be also.” (Matthew 6:21), and Paul then expands on that in the sections we read.

Pure heartedness is not something that we can fully achieve, our sinfulness prevents that – but when we surrender our own desires and look to Christ and orient our hearts toward him. Then we will see God and can be called “children of God.”

That is the hope we have, that although we are not pure, Jesus took our place, and through his blood, we are cleaned and made pure, and that is the foundation for true happiness and joy!

Close in Prayer