

**Book Club—Week 1**  
**Blessed Are the Spiraling**  
**Levi Lusko**

*“Blessed are the poor in spirit, for theirs is the kingdom of heaven. <sup>4</sup>Blessed are those who mourn, for they shall be comforted. <sup>5</sup>Blessed are the meek, for they shall inherit the earth. <sup>6</sup>Blessed are those who hunger and thirst for righteousness, for they shall be filled. <sup>7</sup>Blessed are the merciful, for they shall obtain mercy. <sup>8</sup>Blessed are the pure in heart, for they shall see God. <sup>9</sup>Blessed are the peacemakers, for they shall be called sons of God. <sup>10</sup>Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. <sup>11</sup>Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. <sup>12</sup>Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.”*

Matthew 5:3–12 NKJV

*“He who finds his life will lose it, and he who loses his life for My sake will find it.”* Matthew 10:39 NKJV

*The LORD is near to those who have a broken heart, and saves such as have a contrite spirit.* Psalm 34:18 NKJV

*For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory ...*

2 Corinthians 4:17 NKJV

# How Do We Spiral Up?

## **1. Stick to the plan.**

*Friends, when life gets really difficult, don't jump to the conclusion that God isn't on the job. <sup>13</sup>Instead, be glad that you are in the very thick of what Christ experienced. This is a spiritual refining process, with glory just around the corner. 1 Peter 4:12–13 MSG*

## **2. Peel away the extra.**

## **3. Interpret your struggle accurately.**

## **4. Retool for the current and coming season.**

*Go to the ant, you sluggard! Consider her ways and be wise ...*  
Proverbs 6:6 NKJV

*The glory of young men is their strength, and the splendor of old men is their gray head. Proverbs 20:29 NKJV*

## **5. Attack the problem from all angles.**

## **6. Look for beauty.**

## TALK IT OVER

Read **Matthew 5:3-12**. What do you think about when you hear the word “blessed”? How does this Scripture expand your understanding of what it means to be blessed?

When you’re walking through a difficult situation and begin to spiral, what do you normally turn to? How can you intentionally draw near to Jesus?

Share about an area in your life where you are currently spiraling. Spend time in prayer together.

Start the Bible Plan *How to Find Peace in God* using Plans With Friends: [www.go2.lc/find-peace](http://www.go2.lc/find-peace)