



MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

May 31, 2026 | Blessed: Summer in the Beatitudes pt.1 - "Upside Down But Not Alone"

CHOOSE AN ICEBREAKER QUESTION: If you could instantly become the best in the world at one thing, what would it be and why? // What is one thing that always makes your day better, no matter what is going on?

MESSAGE SUMMARY & SCRIPTURES:

Jesus begins the Sermon on the Mount with words that completely flip people's expectations upside down. After 400 years of silence, the first major public message from God's Son was not about power, success, popularity, or status. Instead, Jesus says things like, "Blessed are the poor in spirit," "Blessed are those who mourn," and "Blessed are the meek" (Matthew 5:1-10). In a world that defines blessing by comfort, achievement, and appearance, Jesus redefines what it means to truly live a fulfilled life. According to Jesus, blessing is not about having an easy life. It is about having a deep relationship with God that transforms the way we live and love others.

Jesus was speaking to people who were exhausted by religion that focused only on rules, outward performance, and social status. The religious culture of the day had become more about looking spiritual than actually knowing God. But Jesus reveals that God's heart has always been about relationship, not performance. The Beatitudes show us that true fulfillment begins with humility, dependence on God, and allowing Him to shape our hearts from the inside out. As we walk closely with God, it changes how we treat people, how we handle pain, how we extend mercy, and how we pursue peace (Matthew 5:3-9).

The Beatitudes also remind us that we are not alone in the process. Every person in this room is carrying something, fighting something, or walking through something. Yet Jesus calls people blessed even in seasons of grief, weakness, persecution, and struggle because His presence is still with them there. The blessed life is not a perfect life. It is a life rooted in God, surrounded by healthy relationships, and anchored in the truth that fulfillment is found in Him. Jesus' invitation is not just to admire these teachings, but to actually live them together in community (Matthew 22:36-40).

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. Share something that stood out to you from the message or the summary?
2. What do you think most people today believe will make them feel fulfilled or happy? Do you think those things actually work long term?
3. Jesus connects our relationship with God to the way we love and treat people. How have you seen your relationship with God affect your relationships with others?
4. What is one practical way you can intentionally grow your relationship with God AND your relationship with people this week? (Ex: Checking in on someone; Joining a small group consistently; Choosing forgiveness; Spending intentional quiet time with God)

PRAYER: (break up into groups of 2-3 for prayer):

Jesus, thank You for reminding us that true fulfillment is not found in success or appearances, but in walking closely with You and trusting You with every part of our lives. Help us to love people the way You love us, with humility, mercy, compassion, and grace, especially when relationships feel difficult or messy. Use our lives to bring hope, peace, and healing to the people around us so others would experience the goodness and love of Jesus through us.

Summer Challenge: Don't do this summer alone. Join a small group and build relationships.



MANNA CHURCH HAWAII - SMALL GROUP DISCUSSION GUIDE

May 31, 2026 | Blessed: Summer in the Beatitudes pt.1 - "Upside Down But Not Alone"

MANNA YOUTH DISCUSSION GUIDE

CHOOSE AN ICEBREAKER QUESTION: If you could instantly become the best in the world at one thing, what would it be and why? // What is one thing that always makes your day better, no matter what is going on?

MESSAGE SUMMARY & SCRIPTURES:

In Matthew 5:1-10, Jesus begins one of His most famous teachings, the Sermon on the Mount. The people listening expected Him to talk about power, success, popularity, or how to get ahead in life. Instead, Jesus said things that surprised everyone: "Blessed are the poor in spirit," "Blessed are those who mourn," and "Blessed are the meek." Jesus was showing them that a truly blessed life is very different from what the world often tells us. Real fulfillment is not found in having the most followers, the best grades, the starting position on the team, or being the most popular person at school. Real fulfillment comes from having a relationship with God and allowing Him to shape who we are.

At the time, many people believed that being close to God was all about following rules and looking religious on the outside. But Jesus taught that God cares most about our hearts. The Beatitudes show us that God wants us to be humble, depend on Him, show mercy, make peace, and care about others (Matthew 5:3-9). When we spend time with God, He changes the way we treat our family, classmates, teammates, teachers, and friends. Instead of always trying to impress people, we learn to love people. Instead of focusing only on ourselves, we begin caring about what matters to God.

Jesus also reminds us that following Him does not mean life will always be easy. Everyone faces challenges, stress, disappointment, family struggles, friendship drama, school pressure, and moments of feeling overwhelmed. Yet Jesus calls people "blessed" even in difficult seasons because God's presence is with them. The blessed life is not a perfect life. It is a life rooted in God, supported by healthy relationships, and built on the truth that we were created to know Him and love others (Matthew 22:36-40). As we grow closer to Jesus, we discover that true joy and purpose are found in Him.

GOING DEEPER: (break up into groups of no more than 4-6 for discussion)

1. What is one thing that stood out to you from the message or summary?
2. What do you think most students your age look to for happiness, identity, or fulfillment? Why do you think those things can leave people feeling empty?
3. Jesus teaches that blessing comes from a relationship with God, not popularity or success. How does that challenge what you see at school, in sports, on social media, or among your friends?
4. What is one practical way to grow closer to God and one practical way to love someone else this week? It could be reading a chapter of the Bible each day, spending time in prayer, encouraging a classmate, checking in on a friend, helping at home without being asked, inviting someone to youth group, or choosing forgiveness in a difficult relationship.

PRAYER: (break up into groups of 2-3 for prayer):

Jesus, thank You for showing us that true fulfillment is found in You and not in popularity, success, or what other people think of us. Help us trust You with our school, friendships, sports, family situations, and future. Teach us to love others with humility, kindness, mercy, and compassion. Use our lives to bring hope and encouragement to classmates, teammates, friends, and family members so they can experience Your love through us. Amen.

Summer Challenge: Don't do this summer alone. Join a small group and build relationships.

Matthew 5:1-10 NIV Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, 2 and he began to teach them. (The Beatitudes) He said: 3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven. 4 Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. 6 Blessed are those who hunger and thirst for righteousness, for they will be filled. 7 Blessed are the merciful, for they will be shown mercy. 8 Blessed are the pure in heart, for they will see God. 9 Blessed are the peacemakers, for they will be called children of God. 10 Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”

Blessed: “a deep sense of well being, satisfaction, and contentment that comes from having a thriving relationship with Christ and cultivating healthy relationships with other people.”

- Dr. Allen Holmes, Redefined

Blessed = Truly _____.

Matthew 22:36-40 “Teacher, which command in the law is the greatest?” 37 He said to him, “Love the Lord your God with all your heart, with all your soul, and with all your mind. 38 This is the greatest and most important command. 39 The second is like it: Love your neighbor as yourself.[n] 40 All the Law and the Prophets depend on these two commands.”

Notes:

Discussion Guide/Going Deeper



Growth Track



Join a Small Group!

