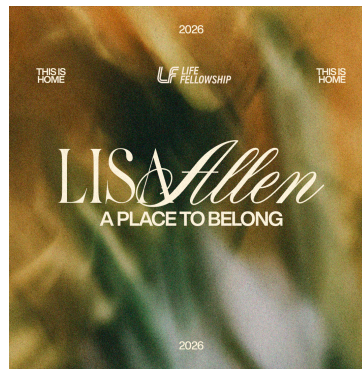




Blessed Are They | Matthew 5:3

Lisa Allen | 09.27.26

Blessed Are the Poor in Spirit

Based on Matthew 5:3

Overview

This session explores the first Beatitude, focusing on what it means to be "poor in spirit" and how that posture of humility opens the door to living under God's sovereign rule and authority. Together, the group will examine three practical steps toward cultivating this kind of heart: repentance, seeking God's presence, and submission.

Key Takeaways

- The word "blessed" means happy. True happiness is rooted not in self-sufficiency but in humble dependence on God.
 - "Poor in spirit" describes a heart posture of humility, like a beggar who knows he has nothing and desperately needs everything.
 - Jesus launched the kingdom of heaven when he came to earth. Living under that kingdom means living under God's sovereign rule and divine authority.
 - There are three steps toward becoming poor in spirit: recognizing sin and repenting, seeking God's presence, and submitting to him.
-

Discussion Questions

Opening

1. When you first hear the phrase "poor in spirit," what comes to mind? Does it sound like something desirable or something to avoid? Why?
2. Pastor Lisa described the kingdom of heaven as the place where God rules. What does it look like practically to live under God's rule in your everyday life?

Step One: Repentance

3. In Psalm 51, David responds to being confronted about his sin by running toward God rather than away from him. Why do you think our first instinct is often to hide from God rather than run to him when we fail?
4. Pastor Lisa noted that the word "know" in Psalm 51 means "acknowledge." What is the difference between knowing you have sinned and truly acknowledging it before God? How does that distinction change how we approach repentance?
5. Jesus declared in Matthew 4 that the kingdom of heaven is at hand and called people to repent. Why do you think repentance is the entry point into the kingdom rather than something else, like good behavior or religious effort?

Step Two: Seeking God's Presence

6. In Psalm 27:8, David responds to God's invitation to seek his face by immediately saying his heart will do exactly that. How easy or difficult is it for you to seek God's presence when life is hard or when you feel you have failed him?
7. In Psalm 63:1, David describes his longing for God as a physical thirst in a dry and weary land. He wrote this while running for his life in the wilderness. What circumstances in your own life have produced that kind of desperate hunger for God?
8. Why do you think seeking God's presence is a step toward humility? What does it say about us when we genuinely pursue him?

Step Three: Submission

9. Pastor Lisa defined submission as "to arrange yourself under." In what areas of your life do you find it most difficult to arrange yourself under God's authority and direction?
10. We often think of submission in terms of relationships, but what does submission to God look like on a daily, practical level?

Bringing It Together

11. Pastor Lisa described someone who is poor in spirit as a beggar cowering in the corner, destitute and desperate. How does that image challenge the way you typically think about the Christian life?
 12. If being poor in spirit leads to the kingdom of heaven, what might self-sufficiency or pride cost us spiritually?
-

Practical Applications

- **This week, practice honest repentance.** Set aside time to sit quietly before God and acknowledge, not just know about, specific areas where you have fallen short. Use Psalm 51:1-4 as a guide for your prayer.
 - **Establish a daily habit of seeking God's presence.** Before reaching for your phone or beginning your routine in the morning, spend a few minutes in prayer or Scripture, intentionally turning your attention toward God first.
 - **Identify one area where you need to submit.** Ask yourself where you have been resisting God's authority or wisdom in your life, whether in a relationship, a decision, or a habit. Take one concrete step this week to yield that area to him.
 - **Memorize Matthew 5:3.** Reflect on it throughout the week, asking God to show you what it looks like to live it out.
-

Closing Prayer Focus

Close your group time by praying together with these themes in mind:

- Gratitude for the kingdom of heaven that Jesus launched and made available to us
- Honest acknowledgment of areas where pride or self-sufficiency has replaced humility
- A renewed desire to seek God's presence and arrange our lives under his authority

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." -- Matthew 5:3

