

Silverdale Baptist

BLESSED ~ **BLESSED ARE THE HUMBLE IN HEART** ~ 11/12-13/2022 ~
Matthew 5:3-5

Big Idea

How do you experience the blessings and favor of God? By being humble in heart.

Getting Started

Jesus used the word “*blessed*” nine times in the Beatitudes (Matthew 5:3-12). *Blessed* can be translated happiness. We are told in the Declaration of Independence that we are endowed by our Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness.

In what ways do Americans define happiness?

How do you define happiness?

Learn

How can you be blessed and find true happiness?

1. Blessed are the helpless.

| HAVE A VOLUNTEER READ MATTHEW 5:3.

What does it mean to be “*poor in spirit*”?

What is the reward to those who are “*poor in spirit*”?

How does being “*poor in spirit*” produce true happiness?

You cannot begin the Christ life without being humble and totally dependent on the Lord to save you and you cannot live the Christian life with pride. Jesus said, “*Apart from Me you can do nothing*” (John 15:5).

2. Blessed are the broken.

| HAVE A VOLUNTEER READ MATTHEW 5:4.

What does it mean to “*mourn*”?

| HAVE A VOLUNTEER READ JAMES 4:6-10.

What is the reward to those who “*mourn*” over their sin?

How do “*those who mourn*” find true happiness?

When you are broken with sorrow and grief over your sin, it leads you to repentance.

3. Blessed are the meek.

| HAVE A VOLUNTEER READ MATTHEW 5:5.

What does it mean to be “*meek*”?

| HAVE A VOLUNTEER READ NUMBERS 12:3.

Who was the meekest man on earth and how did he demonstrate it?

| HAVE A VOLUNTEER READ MATTHEW 11:29.

What is the only way that Jesus described Himself and how did he demonstrate it?

What is the reward to those who are “*meek*”?

How do the “*meek*” experience true happiness?

Because meekness is a fruit of the Holy Spirit, you have strength under control...the control of the Holy Spirit.

Apply

How did you experience true humility for Jesus to save you?

How have you experienced true humility that has brought you to depend on Jesus every day?

How has brokenness over your sin produced repentance and brought you comfort?

When have you been blessed because you surrendered the control of your life to Him?

Pray

Father, I recognize that I am weak and helpless without You. I admit that I must repent of my desire to rule my heart. You are God and I am not. I submit myself to You and surrender myself to the control of the Holy Spirit. Thank You for showing me this is the path to true happiness. In the name of Jesus I pray, Amen.

Dig Deeper

Jesus began His sermon with “the Beatitudes,” statements beginning with Blessed are. “Blessed” means “happy” or “fortunate” (cf. Ps. 1:1). The qualities Jesus mentioned in this list, “the poor in spirit,” “those who mourn,” “the meek,” etc., obviously could not be products of Pharisaic righteousness. The Pharisees were concerned primarily with external qualities, but the qualities Jesus mentioned are internal. These come only when one is properly related to God through faith, when one places his complete trust in God. The poor in spirit (Matt. 5:3) are those who consciously depend on God, not on themselves; they are “poor” inwardly, having no ability in themselves to please God (cf. Rom. 3:9–12). Those who mourn (Matt. 5:4) recognize their needs and present them to the One who is able to assist. Those who are meek (v. 5) are truly humble and gentle and have a proper appreciation of their position.

Louis A. Barbieri Jr., [“Matthew,”](#) in *The Bible Knowledge Commentary: An Exposition of the Scriptures*, ed. J. F. Walvoord and R. B. Zuck, vol. 2 (Wheaton, IL: Victor Books, 1985), 28–29.

The Beatitudes describe the attitudes that ought to be in our lives today. Two attitudes are described here. **Our attitude toward ourselves** (v. 3). To be poor in spirit means to be humble, to have a correct estimate of oneself (Rom. 12:3). It does not mean to be “poor spirited” and have no backbone at all! “Poor in spirit” is the opposite of the world’s attitudes of self-praise and self-assertion. It is not a false humility that says, “I am not worth anything, I can’t do anything!” It is honesty with ourselves: we know ourselves, accept ourselves, and try to be ourselves to the glory of God. **Our attitude toward our sins** (vv. 4–5). We mourn over sin and despise it. We see sin the way God sees it and seek to treat it the way God does. Those who cover sin or defend sin certainly have the wrong attitude. We should not only mourn over our sins, but we should also meekly submit to God (see Luke 18:9–14; Phil. 3:1–14). Meekness is not weakness, for both Moses and Jesus were meek men (Num. 12:3; Matt. 11:29). This word translated “meek” was used by the Greeks to describe a horse that had been broken. It refers to power under control.

Warren W. Wiersbe, [The Bible Exposition Commentary](#), vol. 1 (Wheaton, IL: Victor Books, 1996), 21.