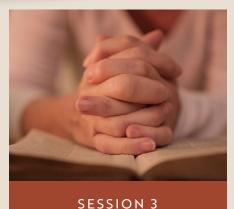


Blessed Are You

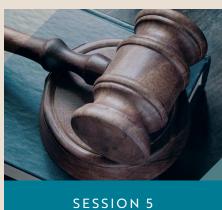


Salt and Light

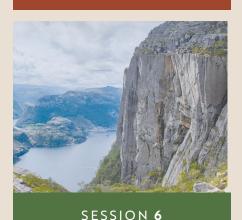


Prayer and Fasting





Judge Not



Build on **Rock**



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	Notes
INTRODUCTION	
eeing the crowds, he went	
up on the mountain, and	
when he sat down, his disciples came to him. And	
he opened his mouth and	
taught them" (Matthew 5:1-2). Jesus taught the	
listening crowds about being blessed, about liv- ing as salt and light, about anger and about love	
for one's enemies. He taught them to pray in	
words we treasure as the Lord's Prayer. And he	
taught them about true treasure. As his earthly ministry drew to an end, Jesus was led outside	
the city of Jerusalem to another mountain we	
now call Mount Calvary. There he sacrificed his life on the cross to win for us treasure in heaven,	
the true treasure of eternal life in his presence.	
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SESSION 1



Blessed Are You

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. MATTHEW 5:6

OPENING PRAYER

Heavenly Father, you sent Jesus our Lord to us, who willingly climbed Mount Calvary and laid down his life on the cross for us. Through him you have blessed us with the gifts of forgiveness and eternal life. We pray that you would bless us now through the study of your holy Word. Lead us by your Spirit to put what we will learn into practice so that we might be a blessing to others, in our families, in our church and in our community. Hear our prayer in the name of Jesus our Savior, who died and rose so that we might live in your presence, now and forever. Amen.

DISCUSSION

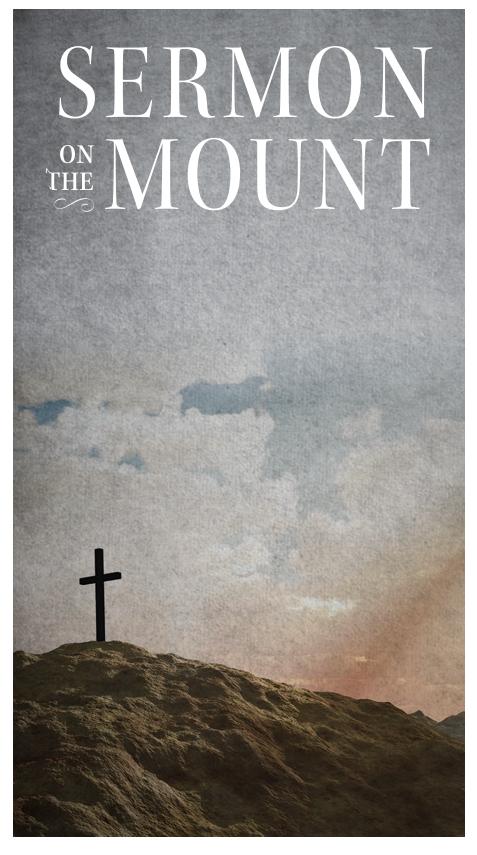
What are some of the greatest blessings of your life?

INTRODUCTION	
"Blessed is the one whose transgression is forgiven, whose sin is covered"	
(Psalm 32:1). During the season of Lent, we follow our Lord Jesus as he	
takes up his final path to the cross, to the mount we call Calvary, where he	
laid down his life to save us. Though we are undeserving, through God's	
grace in the death and resurrection of his Son, we are blessed, now and for	
all eternity. We are blessed because the blood of our Savior, shed on Calvary,	
"cleanses us from all sin" (1 John 1:7). Now we, in turn, can be a blessing to	
others, serving them in love and sharing with them the blessing of knowing	
their Savior.	
MOUDAING MEEK AND HINGRY	
MOURNING, MEEK AND HUNGRY	
1. Read Exodus 16:1-5, 13-18 and Exodus 17:1-7. Although the people	
of Israel were blessed with freedom from slavery in Egypt and the hope of	
a new home, they were not satisfied. What were their complaints? Why	
were their complaints a "test of the LORD"? In both situations, how does	
the Lord satisfy their needs? Share, if you wish, a time when you won-	
dered, as Israel did, "Is the LORD among us or not?" How did the Lord	
satisfy your needs?	
2. We are very aware of our hunger and thirst and other physical needs, and	
we often cry out to God for his help in satisfying these needs. Through the	
power of the Holy Spirit, at work in the Law of God, we are brought to	
an awareness of our spiritual hunger and thirst for righteousness, of our	
desperate need for forgiveness for our sins. Read Joel 2:12-19. God is	
aware of our needs. What is his invitation for us? Why can we approach	
God without fear? God said to the Israelite exiles, "It is not for your sake,	
O house of Israel, that I am about to act, but for the sake of my holy name"	
(Ezekiel 36:22). What argument does the prophet Joel present before	
God as he argues for mercy for God's people? How does the blessing of	
God's forgiveness for us in Christ bring honor to his holy name?	
3. There are those who reject God's mercy and the blessings he wants to	
shower on them. They refuse to acknowledge their spiritual poverty	
and hunger. They reject the work of the Holy Spirit in their hearts and	
6	

refu	se to mourn over their sins. In Luke's Gospel, Jesus announces the	
	titudes, or blessings, as well as the "woes," warnings for those who	
	ct the gifts of God. Read Luke 6:20-26. What brings woe, that is,	
	f and distress, to the people described by Jesus? Read Luke 1:46-55.	
_	w does Mary's song of praise reflect these "woes" in Jesus' teaching?	
4. Rea	d Matthew 5:1-11. When we imagine a king and his kingdom, we	
•	picture a king who surrounds himself with wealthy, important citi-	
	s, wise counselors and armed guards. But in the kingdom of God,	
	s our King surrounds himself with those who are poor in spirit,	
	arning, meek and hungry. These words describe the people of the	
king	gdom because they also describe the King. In what ways do these	
bless	sings describe the Lord Jesus himself?	
	ED SAVIOR	
	d Genesis 12:1-3. What promises does God make to Abraham? How	
wou	ıld the patriarch be blessed? To whom would Abraham be a blessing?	
2. Rea	d Isaiah 53:10-12. According to the Father's will, Jesus endured suf-	
	ng and death on the cross for the sake of our salvation. What promise	
of th	ne resurrection is found in these verses from Isaiah? What would the	
Lord	d's suffering servant accomplish through his suffering?	
3. The	Christians of Galatia were turning away from the good news of salva-	
	through faith in Jesus and attempting instead to establish their righ-	
	isness before God through obedience to the Law. Read Galatians	
	-9. What does the apostle Paul tell them about Abraham's righ-	
teou	isness? Why does Paul refer to God's promise to Abraham (Genesis	
12:3	3) as "the gospel"? In what way are people of faith blessed along with	
Abr	aham?	
	d Romans 4:13-25. What does it mean to call Abraham an "heir of	
	world"? Abraham believed the promise of God, that he and Sarah	
	ald have a son. What is meant by the phrase, "In hope he believed	
agai	nst hope"?	
	7	

Read Ephesians 1:1-14. God, in Christ, has blessed us "with every spiritual blessing in the heavenly places" (v. 3), that is, we are blessed with all the blessings of heaven—and with heaven itself! What blessings does the apostle Paul list here? When did God choose us to be his own people? What do we have as the guarantee of our eternal inheritance? Read 1	
What do we have as the guarantee of our eternal inheritance? Read 1	
Peter 1:3-9. How is the apostle Peter's description of our blessings simiar to that of the apostle Paul in the previous reading? We do not always feel "blessed" in the midst of suffering. What is the purpose of such suffering? If you wish, describe a time in your life in which God blessed you	
even through suffering.	
Read 1 Peter 4:12-19. How are these verses similar to Jesus' words in the Beatitudes? When, according to these verses, are we "blessed," even	
though we may not feel especially blessed at the time? Read Acts 5:27-42. How did the apostles experience the blessings of which Jesus speaks in the Beatitudes?	
Read Matthew 25:31-34. In this story of Judgment Day, what belongs to those whom Jesus calls "blessed by my Father" (v. 34)? When was this	
olessing prepared for all who believe in Jesus? Why is it important to note that the blessing is "inherited"?	
Read 2 Corinthians 5:21. The salvation won for us by Christ through his suffering and death has been called "the blessed exchange." What did lesus take from us and give us in exchange?	
Abraham's nephew Lot is described as a righteous man who was discressed by the wickedness of the world around him. He hungered for	
righteousness (2 Peter 2:7-8). In what ways do you hunger for righteousness in our world today? Read Revelation 7:9-17. As Jesus says in the Beatitudes, we hunger for righteousness. When will we be finally and	
fully satisfied?	l ———

6. Read Matthew 5:1-11. Review the Beatitudes once more. How do these blessings describe us as believers today in this earthly life? In what ways do these blessings apply to our life in eternity?	
MATTHEW 5:3-10	
Blessed are the poor in spirit, for theirs is the kingdom of heaven.	
Blessed are those who mourn, for they shall be comforted.	
□ Blessed are the meek, for they shall inherit the earth.	
Blessed are those who hunger and thirst for righteousness, for they	
shall be satisfied.	
Blessed are the merciful, for they shall receive mercy.	
Blessed are the pure in heart, for they shall see God.	
□ Blessed are the peacemakers, for they shall be called sons of God.	
Blessed are those who are persecuted for righteousness' sake, for	
theirs is the kingdom of heaven.	
CLOSING PRAYER	
Lord Jesus, long before your birth, your ancestor Abraham was told that	
his family would be a blessing to all the families on earth. You, Lord and	
Savior, are the offspring of Abraham, the one whose death and resurrection	
reconciled the world to God. Guide us by your Spirit so that we might serve others in love and share with them the Good News of salvation and so be a	
blessing to them both now and for eternity. Amen.	
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BLESSED TO BE A BLESSING	
This week, look for ways in which you might be a blessing to others. Is there a special project within your congregation for which you could volunteer?	
a opecial project within your congregation for which you could rotatice.	
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This six-session Bible study for Lent, or any time of the year, helps us better understand the teachings of Jesus in the Sermon on the Mount from the context of his suffering, death and resurrection. Based on the worship series of the same name, each session in this study includes Scripture readings from Matthew 5-7, questions for discussion, prayers and suggested activities.



