



10-MINUTE BIBLE LESSON

Blessed

Matthew 5:1-12

Before watching the video: What do you already know about the Sermon on the Mount? What teachings from it might you know already? What are you most curious about regarding these chapters?

Now read the passage twice. Take each one at a time, noticing every sentence and phrase. You may even want to start and stop the video to spend more time with each. What stands out to you?

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ²Then he began to speak, and taught them, saying: 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.” ⁵“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 receive 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 for righteousness’ sake, for theirs is the kingdom of heaven.” ¹¹“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.” ¹²Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you. – **Matthew 5:1-12**

After watching the video: What do you think it means for each of the groups that Jesus names to be called “blessed?” Why do you think he says they are blessed?

Think about the typical or dominant ways that people use to get what they want or believe they should behave either in the name of protecting others or themselves, or to achieve their goals. Out of these methods, what seems to be most opposed to what Jesus names above? What seems most in line?

What do you find most challenging about the Beatitudes? What do you find most comforting?

Conclude in prayer. Thank God for blessings, ask forgiveness for wrongs done, request help for uncertainty. Close with “amen.”