



PART 1: POOR IN SPIRIT

 SMALL GROUPS

 CONVERSATION GUIDE

In the Sermon on the Mount, Jesus presents a surprising path to true happiness. Unlike what the world teaches us, **A Blessed Life** is not about power, wealth, or achievements—it's about recognizing our deep need for God.

In **Matthew 5:1–10**, Jesus gives the Beatitudes: promises of blessing and fulfillment for those who depend on Him. The very first beatitude, “God blesses those who are poor in spirit and realize their need for him” (v.3), shows us that real happiness begins when we admit that without God we are empty.

Today's theme, **Poor in Spirit**, we will discover that the secret to true fullness is not self-sufficiency but complete dependence on the Lord.

One day as he saw the crowds gathering, Jesus went up on the mountainside and sat down. His disciples gathered around him, and he began to teach them. “God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs”.

Matthew 5:1-3 (NLT)

 TALK ABOUT IT

1. What does it mean to you to be “poor in spirit”?
2. Why do you think Jesus begins the Beatitudes with this teaching?

3. How can we recognize our need for God in daily life—at work, school, or with family?
4. Read aloud **Matthew 5:3 (CEV)**: “God blesses those people who depend only on him. They belong to the kingdom of heaven!” What additional lesson can you take from this version of today's passage?
5. In what practical ways can self-sufficiency or pride keep us from living a blessed life?

The way to happiness begins with recognizing our desperate need for God.

MAKE IT PRACTICAL

- This week, begin each day with a simple prayer admitting your need for God: “Lord, without you I can’t do this.”
- Identify one area of your life where you’ve been relying only on your own strength. Write it down and surrender it to God in prayer.
- Share with a trusted friend or family member a personal experience of how recognizing your need for God has brought peace or strength to your life.

PRAYER

“Lord Jesus, I acknowledge that without you I am empty. Thank you for teaching me that true happiness does not come from what I have but from recognizing how much I need you. Help me depend more on you each day and live in the fullness of your Kingdom. Amen.”

TIPS

- Don’t be discouraged if recognizing your need for God makes you feel weak—that is the doorway to experiencing His strength.
- Remember, being poor in spirit is not about living in sadness, but in humility and dependence on the One who fills your life with joy.
- Build small daily reminders: a short prayer, a verse on your phone, or a worship song that helps you stay aware of your dependence on God.



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