

How to Be Happy – Matthew 5:1-12

¹ Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him. ² And he opened his mouth and taught them, saying:

1. ³ “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

2. ⁴ Blessed are those who mourn, for they shall be comforted.

3. ⁵ Blessed are the meek, for they shall inherit the earth.

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

5. ⁷ “Blessed are the merciful, for they shall receive mercy.

6. ⁸ Blessed are the pure in heart, for they shall see God.

7. ⁹ Blessed are the peacemakers, for they shall be called sons of God.

8. ¹⁰ Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.
¹¹ “Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.”

Happiness is not based on the right circumstances but a right relationship.

Happiness is a response to the gospel

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Questions

1. How would you rate your personal happiness today?
2. What does it look like to be poor in spirit? Why do you think the Kingdom is given to these?
3. Have you mourned with someone? How were they blessed in that time? How were you blessed?
4. How do you demonstrate meekness in your life?
5. Are there someone you need to extend forgiveness or mercy to? Who might you do that this week?
6. Do you believe that purity leads to clarity? What does this look like in seeking God's will?
7. We are called to be peacemakers. Can you share a time you were a peacemaker?
8. What does it mean to suffer for righteousness' sake?