



LIFE GROUP NOTES

Week Beginning: 26th January 2025



Matthew 5:1-5

The powerless, the grieving and the vulnerable

Warm Up

When was the last time you felt powerless in the world, unable to change a situation?

When have you felt isolated or vulnerable, at the mercy of others?

Background and context

The beatitudes are divided into three triads of sayings, that fit together. Today we explore the first three. Sometimes our English translation does not give the best interpretation of what the Greek, Hebrew or Aramaic word used was actually saying.

Blessed. (Makarios/Ashrey) Gk/Heb. Fortunate, happy, flourishing, secure, protected, **good life**

Poor. (Ptochos/Dal) Gk/Heb. Impoverished, powerless, lacking resources. Social economic or political

Spirit. (Numah/Ruach) Gk/Heb. This is our God given life energy or vitality

Mourn. (Pentheo/Evel) Gk/Heb. A better word is grieve, experienced loss or death

Meek. (Praus/Anaw) Gk/Heb. Afflicted, unimportant, abused, vulnerable

Thinking it through: Main discussion/activity

READ Matthew 5:1-12. What are the surprising things in the passage? What is new? What don't you really understand?

1. Try reading the Beatitudes using some of the different interpretations above. How might it change your understanding?
2. What do you think it means to have an impoverished spirit?
3. Look up: Job 7:11, Gen 26:35, Prov 15:4, Ezek 3:14-15. What else can happen to a person's spirit?
4. What is the Kingdom of heaven? Is it now or in the future?
5. In what way will those "poor in spirit" have the Kingdom of Heaven?
6. All of us experience loss and grief. How will God's Kingdom bring comfort?
7. What will the "meek" inheriting the earth look like?

Discipleship and Application

8. What do these three Beatitudes reveal about the heart of God and the vision He has for His Kingdom? Does this give you hope?
9. How can we encourage the impoverished, grieving and vulnerable to seek refuge in Christ's Kingdom?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together.