



The Beatitudes

This Journal Belongs To:



What is the Sermon on the Mount?

In Matthew 5-7, the disciple Matthew records Jesus' longest and most famous sermon, commonly known as *The Sermon on the Mount*.

In this sermon, Jesus establishes foundational moral and spiritual truths for the life of a Christian. What's difficult about the Sermon on the Mount is that it confronts and challenges the world's way of living, which often feels more comfortable and natural to us. In this sermon, Jesus turns the values of the world on its head, showing us that the Kingdom of God does not operate like the world does. The Christian life is life in an upside-down Kingdom. We are called to live with a character and posture that is opposite of our sinful nature: selfless, grace-filled, concerned for the poor and oppressed, humble, generous, honest, wise, and prioritizing peace and unity over our comfort.

In the introduction to the Sermon on the Mount, Jesus powerfully begins this upending of the world's values with the famous Beatitudes. The word *beatitude* comes from the Latin word *beatus*, which means "happy" and "blessed." In the Beatitudes, Jesus lists qualities of people who the world would deem weak or unfortunate—and He instead calls them "blessed," promises them a great reward in God's Kingdom, and encourages us to foster their qualities in our own lives.

The Beatitudes

- Matthew 5:3 Blessed are the poor in spirit,
for theirs is the Kingdom of Heaven.
- Matthew 5:4 Blessed are those who
mourn, for they will be comforted.
- Matthew 5:5 Blessed are the meek,
for they will inherit the earth.
- Matthew 5:6 Blessed are those who hunger and
thirst for righteousness, for they will
be filled.
- Matthew 5:7 Blessed are the merciful,
for they will be shown mercy.
- Matthew 5:8 Blessed are the pure in
heart, for they will see God.
- Matthew 5:9 Blessed are the peacemakers,
for they will be called children
of God.
- Matthew 5:10 Blessed are those who are
persecuted because of righteousness,
for theirs is the Kingdom of Heaven.
- Matthew 5:11-12 Blessed are you when people insult you,
persecute you and falsely say all kinds of evil
against you because of me. Rejoice and be
glad, because great is your reward in heaven,
for in the same way they persecuted the
prophets who were before you.

Beatitudes Scripture is from the
New International Version (NIV).



How to S.O.A.P.

Over the next 9 weeks, we will be studying the Beatitudes as a church. This journal is designed to help you dig into these Kingdom values and truly begin to embody them day to day. One of the most impactful ways we can do this is by studying additional verses from Scripture that will help us develop these counter-cultural qualities in our lives. To help us with this practically, we will be using the S.O.A.P. method of Bible study for various verses each week.

S — Scripture

Write out the Scripture and read it two or three times slowly.

O — Observation

Write down what stands out to you in the Scripture.

A — Application


Write down the implications of the Scripture for your life and how you can apply it.

P — Prayer

Ask God to help you implement truth from His Word into your life.

Let's Get Started →





Blessed are
the poor in spirit for
theirs is the Kingdom
of Heaven.

Matthew 5:3 NIV

The Poor in Spirit → Old Testament Anticipation:

For this is what the high and exalted One says—He who lives forever, whose name is holy: “I live in a high and holy place, but also **with the One who is contrite** and lowly in spirit, to **revive the spirit** of the lowly and to **revive the heart** of the contrite.”

Isaiah 57:15 NIV

Opposing Worldly Values:
Pride
Personal independence

God’s Reward:
The Kingdom of Heaven

How to Develop This Quality:

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and He will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. **Grieve, mourn and wail.** Change your laughter to mourning and your joy to gloom. **Humble yourselves** before the Lord, and He will lift you up.

James 4:7-10 NIV

Additional Scripture for S.O.A.P. →

When pride comes, then comes disgrace, but with humility comes wisdom.

Proverbs 11:2 NIV

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.

Proverbs 3:5-6 NIV

Humility is the fear of the Lord; its wages are riches and honor and life.

Proverbs 22:4 NIV

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His Name’s sake. Psalm 23:1-3 NIV

Today's Date:	Scripture:
Time:	Grab your Bible and write the Scripture that stands out the most.

S — Scripture

O — Observation

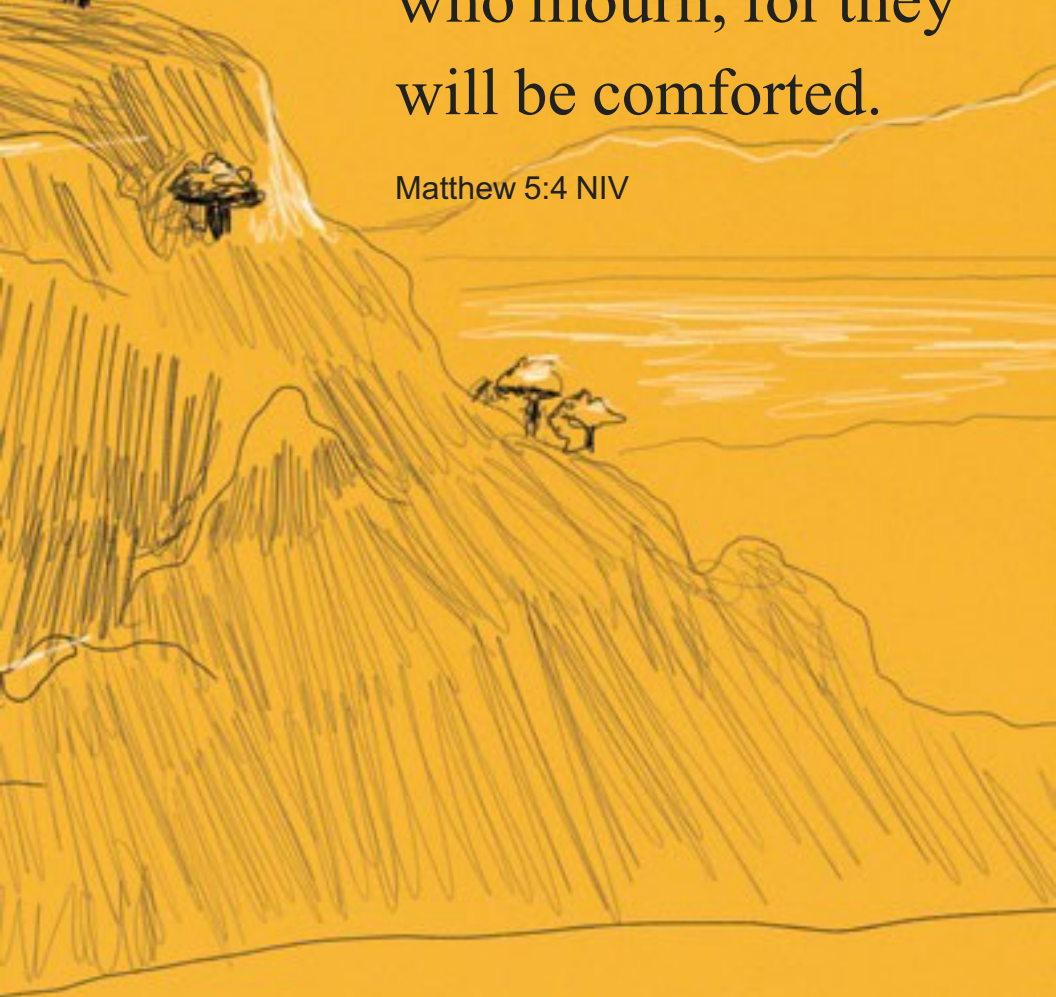
A — Application

P — Prayer



Blessed are those
who mourn, for they
will be comforted.

Matthew 5:4 NIV



Those Who Mourn → Old Testament Anticipation:

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to **bind up the brokenhearted**, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord’s favor and the day of vengeance of our God, to **comfort all who mourn**.

Isaiah 61:1-2 NIV

**Opposing
Worldly Values:**

Avoiding/
Not addressing pain

God’s Reward:

Comfort

How to Develop This Quality:

God, listen! Listen to my prayer, listen to the pain in my cries. Don’t turn Your back on me just when I need You so desperately. Pay attention! **This is a cry for help!** And hurry—this can’t wait!

Psalm 102:1-2 MSG

Additional Scripture for S.O.A.P. →

O my people, trust in Him at all times. Pour out your heart to Him, for God is our refuge. Psalm 62:8 NLT

“Abba, Father,” He cried out, “everything is possible for You. Please take this cup of suffering away from me. Yet I want Your will to be done, not mine.”

Mark 14:36 NLT

Have compassion on me, Lord, for I am weak. Heal me, Lord, for my bones are in agony. I am sick at heart. How long, O Lord, until You restore me? Return, O Lord, and rescue me. Save me because of Your unfailing love. Psalm 6:2-4 NLT

But He said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 2 Corinthians 12:9 NIV

Today's Date:	Scripture:
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A — Application

P — Prayer

Blessed are the
meek, for they will
inherit the earth.

Matthew 5:5 NIV



The Meek → Old Testament Anticipation:

Commit your way to the Lord; trust in Him and He will do this: **He will make your righteous reward shine like the dawn, your vindication like the noonday sun.** Be still before the Lord and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil. For those who are evil will be destroyed, but those who hope in the Lord will inherit the land. A little while, and the wicked will be no more; though you look for them, they will not be found. But the meek will **inherit the land and enjoy peace and prosperity.**

Psalm 37:5-11 NIV

**Opposing
Worldly Values:**

Power

God’s Reward:

Inheriting the earth

How to Develop This Quality:

“**Come to me**, all you who are weary and burdened, and I will give you rest. **Take my yoke** upon you and **learn from me**, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30 NIV

Additional Scripture for S.O.A.P. →

Sitting down, Jesus called the Twelve and said, “Anyone who wants to be first must be the very last, and the servant of all.” Mark 9:35 NIV

But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before Him. 1 Corinthians 1:27-29 NIV

Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves. Philippians 2:3 NIV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you. 1 Peter 5:6 ESV

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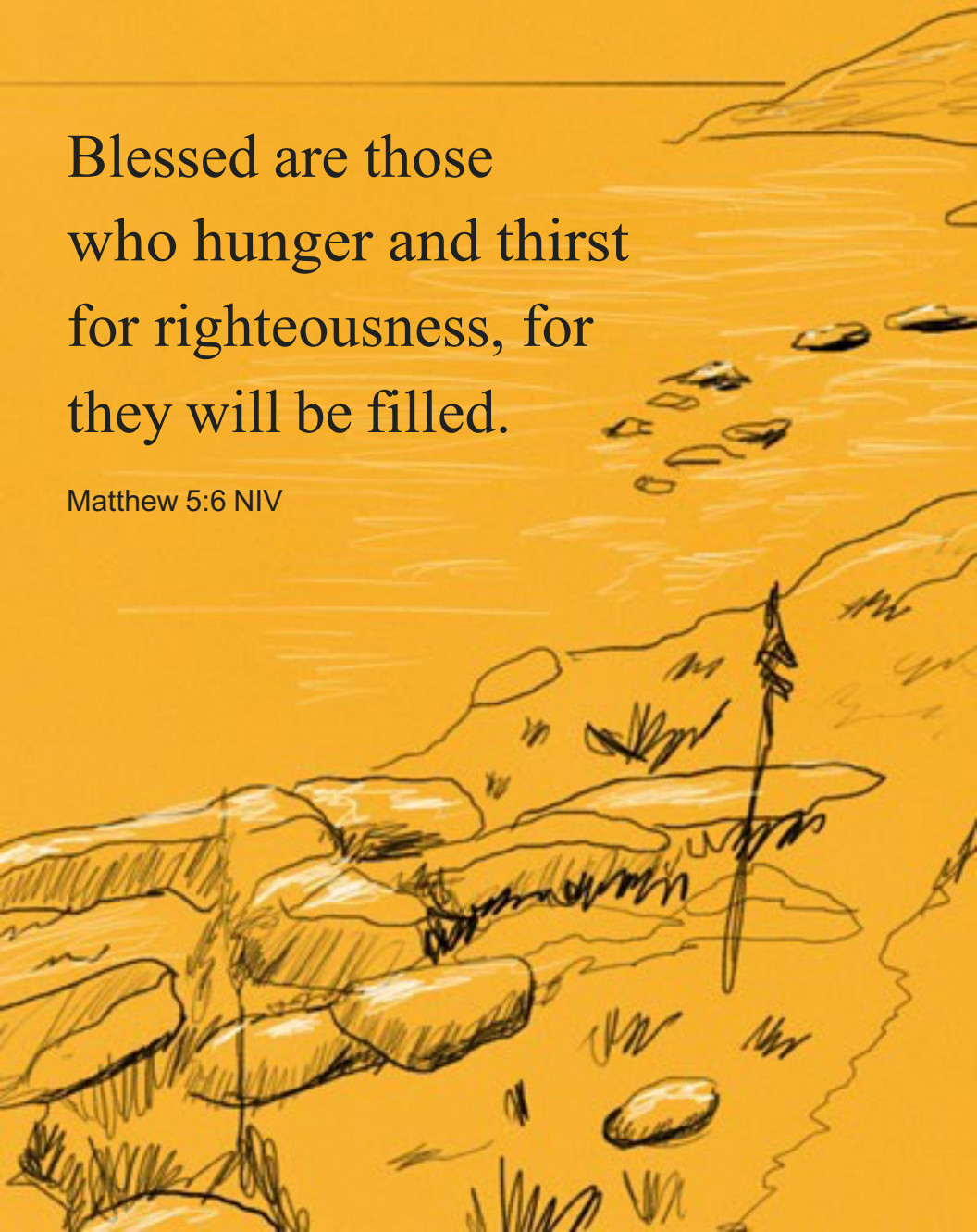
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Blessed are those
who hunger and thirst
for righteousness, for
they will be filled.

Matthew 5:6 NIV



Those Who Hunger and Thirst for Righteousness → Old Testament Anticipation:

Whoever pursues righteousness and love finds life, prosperity and honor.

Proverbs 21:21 NIV

**Opposing
Worldly Values:**

Pursuing pleasure & our own desires

God's Reward:

Satisfaction

How to Develop This Quality:

But **whatever were gains to me I now consider loss** for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may **gain Christ and be found in Him**, not having a righteousness of my own that comes from the law, but that which is **through faith in Christ**—the righteousness that comes from God on the basis of faith.

Philippians 3:7-9 NIV

Additional Scripture for S.O.A.P. →

For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in this present age. Titus 2:11-12 NIV

For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. 1 Timothy 6:10-11 NIV

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Hebrews 12:11 NIV

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24 NIV

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Blessed are the
merciful, for they
will be shown mercy.

Matthew 5:7 NIV



The Merciful → Old Testament Anticipation:

Blessed are those who have regard for the weak; the Lord **delivers them in times of trouble.**

Psalm 41:1 NIV

**Opposing
Worldly Values:**

Self-centeredness
Lack of compassion

God's Reward:

Being shown mercy

How to Develop This Quality:

Therefore **be imitators of God**, as beloved children. And walk in love, as Christ loved us and **gave Himself up for us**, a fragrant offering and sacrifice to God.
Ephesians 5:1-2 ESV

Additional Scripture for S.O.A.P. →

Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God. Proverbs 14:31 NIV

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.
Micah 6:8 NIV

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.” Matthew 7:12 NIV

“‘For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ Then the righteous will answer Him, ‘Lord, when did we see You hungry and feed You, or thirsty and give You something to drink? When did we see You a stranger and invite You in, or needing clothes and clothe You? When did we see You sick or in prison and go to visit You?’ The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’” Matthew 25:35-40 NIV

Today's Date:	Scripture:
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Blessed are the
pure in heart, for
they will see God.

Matthew 5:8 NIV



The Pure in Heart → Old Testament Anticipation:

Who may **ascend the hill of the Lord**? Who may **stand in His holy place**? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear deceitfully.

Psalm 24:3-4 BSB

**Opposing
Worldly Values:**

Deception is acceptable
Dishonesty

God's Reward:

Seeing God

How to Develop This Quality:

Put to death, therefore, **whatever belongs to your earthly nature**: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

Colossians 3:5 NIV

Additional Scripture for S.O.A.P. →

Make every effort to live in peace with everyone and to **be holy**; without holiness no one will see the Lord. See to it that no one falls short of the grace of God and that **no bitter root grows up** to cause trouble and defile many. Hebrews 12:14-15 NIV

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know Him. Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like Him, for we shall see Him as He is. All who have this hope in Him purify themselves, just as He is pure. 1 John 3:1-3 NIV

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 NIV

One who loves a pure heart and who speaks with grace will have the king for a friend. Proverbs 22:11 NIV

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Blessed are the
peacemakers, for
they will be called
children of God.

Matthew 5:9 NIV



The Peacemakers → Old Testament Anticipation:

Deceit is in the hearts of those who plot evil, but those who promote peace **have joy.**

Proverbs 12:20 NIV

**Opposing
Worldly Values:**

Elevating personal cause over people
Pursuing our own peace without concern for the world's injustice and chaos

God's Reward:

Being called sons and daughters of God

How to Develop This Quality:

Finally, brothers and sisters, rejoice! **Strive for full restoration**, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you. 2 Corinthians 13:11 NIV

Additional Scripture for S.O.A.P. →

Love must **be sincere**. Hate what is evil; cling to what is good. **Be devoted to one another** in love. **Honor one another** above yourselves. Romans 12:9-10 NIV

Share with the Lord's people who are in need. Practice hospitality. **Bless those who persecute you**; bless and do not curse. Romans 12:13-14 NIV

Rejoice with those who rejoice; mourn with those who mourn. **Live in harmony** with one another. **Do not be proud**, but be willing to associate with people of low position. Do not be conceited. Romans 12:15-16 NIV

Do not repay anyone evil for evil. Be careful to **do what is right** in the eyes of everyone. If it is possible, as far as it depends on you, **live at peace with everyone**. **Do not take revenge**, my dear friends, but leave room for God's wrath, for it is written, "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but **overcome evil with good**. Romans 12:17-21 NIV

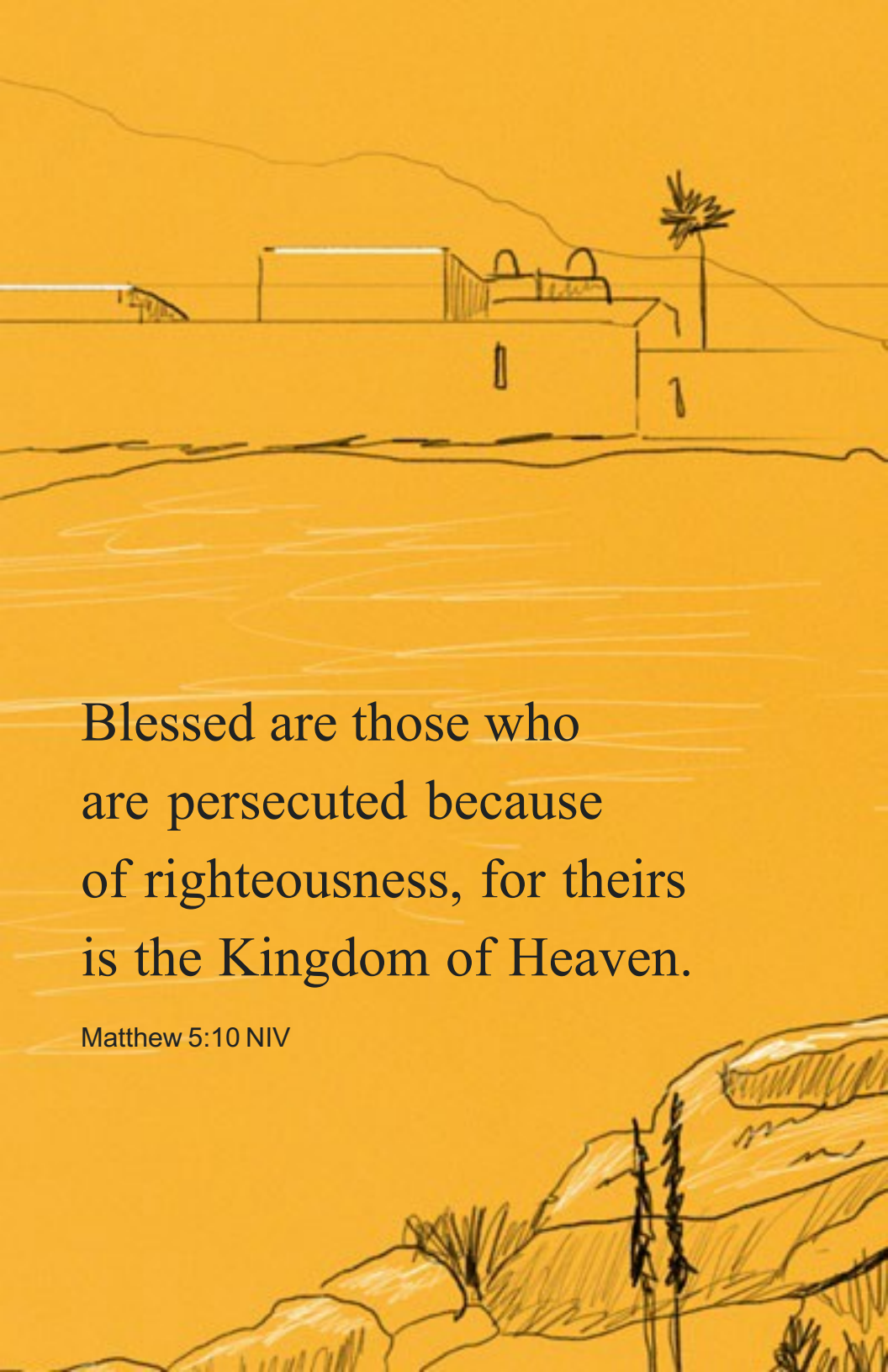
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Blessed are those who
are persecuted because
of righteousness, for theirs
is the Kingdom of Heaven.

Matthew 5:10 NIV

Persecuted Because of Righteousness → Old Testament Anticipation:

After He has suffered, He will **see the light of life** and **be satisfied**; by His knowledge my righteous servant will justify many, and He will bear their iniquities. Therefore, I will give Him a portion **among the great**, and He will **divide the spoils with the strong**.

Isaiah 53:11-12 NIV

**Opposing
Worldly Values:**
Self-preservation

God's Reward:
Inheriting the Kingdom of God

How to Develop This Quality:

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we **fix our eyes not on what is seen, but on what is unseen**, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:17-18 NIV

Additional Scripture for S.O.A.P. →

In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted, while evildoers and impostors will go from bad to worse, deceiving and being deceived. But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:12-17 NIV

When He was reviled, He did not revile in return; when He suffered, He did not threaten, but continued entrusting Himself to Him who judges justly.

1 Peter 2:23 ESV

But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened." 1 Peter 3:14 NIV

That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

2 Corinthians 12:10 NIV

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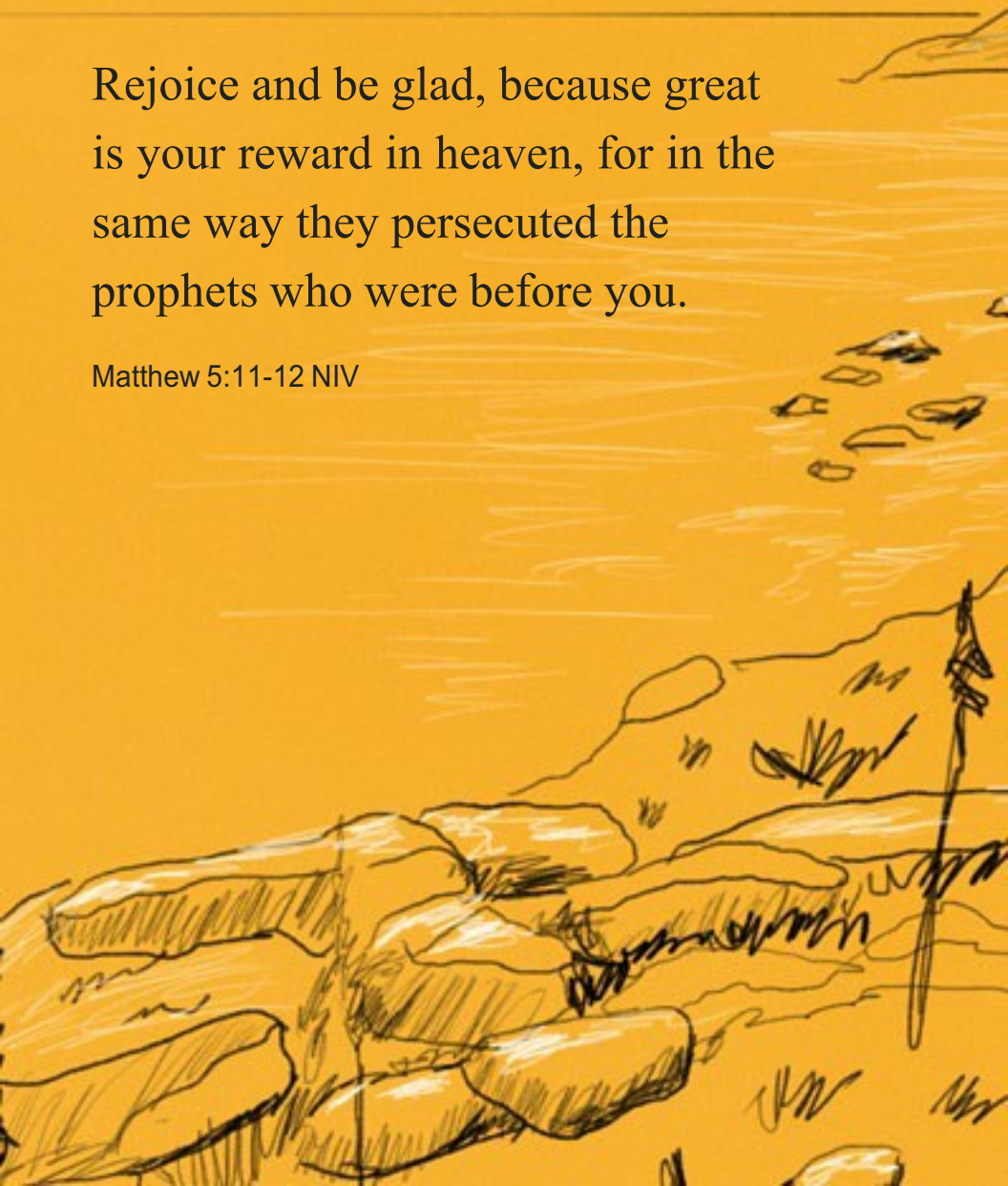
A — Application

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Blessed are you when people
insult you, persecute you and
falsely say all kinds of evil against
you because of me.

Rejoice and be glad, because great
is your reward in heaven, for in the
same way they persecuted the
prophets who were before you.

Matthew 5:11-12 NIV



Persecuted for their Faith → Old Testament Anticipation:

From my earliest youth my enemies have persecuted me, but **they have never defeated me.**

Psalm 129:2 NLT

**Opposing
Worldly Values:**

Societal and relational acceptance

God’s Reward:

A great reward in heaven

How to Develop This Quality:

I want to know Christ and the power of His resurrection and the **fellowship of sharing in His sufferings, being conformed to Him** in His death, and so, somehow, to attain the resurrection from the dead.

Philippians 3:10-11 BSB

Additional Scripture for S.O.A.P. →

“If the world hates you, keep in mind that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you.”

John 15:18-19 NIV

“Truly I tell you,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the Gospel will fail to receive a hundred times as much in this present age: homes, brothers, sisters, mothers, children and fields—along with persecutions—and in the age to come eternal life.” Mark 10:29-30 NIV

Dear friends, don’t be surprised at the fiery trials you are going through, as if something strange were happening to you. Instead, be very glad—for these trials make you partners with Christ in His suffering, so that you will have the wonderful joy of seeing His glory when it is revealed to all the world. If you are insulted because you bear the name of Christ, you will be blessed, for the glorious Spirit of God rests upon you. 1 Peter 4:12-14 NLT

“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.”

Matthew 5:44 NKJV

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