

PRACTICE

Breath Prayers awaken us to God's presence with us and his work in us. Inhale a truth and exhale a humble petition in a short, continuous prayer rhythm.

Inhale: Jesus, help me become truly humble...

Exhale: ...and recognize my need for you.

PRAY

Lord, today I humbly come before you knowing I need you. I confess that at times, I have tried to hold everything together in my own strength or I've been so busy I've not come to you. Please forgive me. Fill me with your presence, peace, and love. Breathe new life into my soul, fill me with your joy, and give me the endurance I need for today. In Jesus' name, Amen.

BLESS *Share with the group or individually from person to person.*

May you humbly recognize your dependence on God and allow him to fill your empty places with his love.

WEEKLY MEMORY VERSE

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

Matthew 5:3 NRSV

DAILY VERSES

1-Matthew 5:3

4-Ecclesiastes 3:11

6-Luke 18:14

2-James 4:10

5-Micah 6:8

7-2 Corinthians 4:16-18

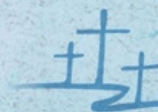
3-Romans 12:2

To receive Daily Verses via text, send DAILY to 248.617.8232

stay connected

Calvary Lutheran Church
248-625-3288
goodnews@calvary-lutheran.org
calvary-lutheran.org

YouTube & Instagram:
Calvary Lutheran Clarkston
Facebook:
Calvary Evangelical Lutheran Church

 **40DAYS** in the Beatitudes

BLESSINGS
- redefined by Jesus

WEEK 1
OUR NEED FOR GOD

SHARE

- Welcome & introductions, opening prayer, Growth Group Covenant
- Discuss one or both of these questions:

Why did you decide to join this study? What do you hope to gain?

-or-

When you think of the Beatitudes, what comes to mind and how do they make you feel?

READ

Read aloud Matthew 5:1-10.

Some days you might feel like you've got it all perfectly under control—accomplished, secure, and ready for whatever comes your way. Other days, you might feel drained and exhausted, like you're endlessly chasing things that stay just out of reach or scared about what the future might hold. But however full or empty your spiritual and emotional tanks might be right now, the journey through the Beatitudes starts in the exact same place: with humility.

That's why Jesus begins the Beatitudes by talking about being "poor in spirit." It's an invitation to honestly recognize our brokenness and our deep need for God, opening our hearts for everything a relationship with God provides. Being poor in spirit isn't a bad thing or a sign of failure or weakness. It's simply the first step on the journey. It's that quiet moment when we realize we were never meant to be self-sufficient or have it all together. Admitting we need God's help and forgiveness is what opens the door. It makes room for God to fill us with lasting joy, experience his peace, and it's how we begin to experience the Kingdom of Heaven in our everyday lives today.

TALK

- Compare the different translations of Matthew 5:3. Which phrasing speaks most strongly to you right now, and why?
- As an example of humility before God, share a time when you realized "God is God, and I'm not."
 - How did realizing you needed help beyond yourself change the way you prayed or approached God?
 - What is the hardest part about admitting you don't have it all together and really need God's guidance and grace?
 - What usually keeps you from fully letting go of control?
- When you start to feel that you can't do it on your own what is your default distraction? (e.g., staying busy, scrolling, shopping, working harder, etc.). How can you learn to sit in that emptiness and offer it to God instead of rushing to fill it?
- What are you full of that leaves no room for Jesus? Where in your daily routine is it easiest to rely on your own strength?
 - What is one physical reminder or simple prayer you can use this week to shift from "I've got this" to "God, be in this with me"?
- If time permits, read Luke 18:9-14 and discuss the difference in approaches to prayer, realizing in this parable Jesus is using an extreme example to make a point. What are the more subtle ways we might express pride over humility?

"Humility is not thinking less of yourself, it's thinking of yourself less."

-C.S. Lewis