

Blessed are....the Poor in Spirit, those Who Mourn, the Meek, and those Who Hunger and Thirst for Righteousness

The Beatitudes have provided generations of Christians comfort, guidance, and strength for their faith. Join Groundwork as we study the first four of Jesus' Beatitudes in Matthew 5:3-6 to gain a deeper understanding of what it means to be poor in spirit, to mourn, to be meek, and to hunger and thirst for righteousness. We'll also discuss why Jesus promises the kingdom of heaven and blesses those who possess these dispositions, and why he invites us to cultivate them in our own lives of discipleship.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What do you think it means to be “poor in spirit”?
- If someone said you were meek, how would you feel about that? Why?



LISTEN TO THE EPISODE: [*Blessed are....the Poor in Spirit, those Who Mourn, the Meek, and those Who Hunger and Thirst for Righteousness*](#)

READ [Matthew 5:3-6](#)

REFLECTION After listening, consider the following questions:

- Dr. Danny Daley described being poor in spirit as a condition in which people “really see their need for God, and come to God with open hands and open hearts, understanding that they had nothing in and of themselves to offer, and they were just open and ready for God’s will in their lives.” How does that definition compare to what you were taught Jesus meant by “poor in spirit”?
- Danny referred to the blessings as an *inclusio*, noting that the first and eighth beatitudes both promise the kingdom of heaven, and each beatitude in between helps us understand what that promise of the kingdom means. What other Bible passages also describe the kingdom of heaven with similar characteristics?
- At the end of segment 1, hosts Scott Hoezee and Darrell Delaney discussed the second beatitude as an invitation to join Jesus in his mourning for the present state of all that is wrong that needs to be made right. Have you ever experienced the “holy discontent” they talked about, the desire to join with Jesus in the process of bringing healing and hope where it is desperately needed?
- While discussing the third beatitude, Danny said that meekness is more than just weakness, but also “the resistance of anger, the resistance of retribution, the resistance of revenge.” Where do you see Jesus modeling this understanding of meekness in the gospels?

- Danny explained Jesus' use of "hungering and thirsting for righteousness" as a "striving to live in accord with the kingdom; that we are hungering and thirsting to live in accord with kingdom values." In what ways does that explanation impact your understanding of righteousness?

RELATED PASSAGES for further study

[Psalm 51](#), [Isaiah 57:14-21](#), [Isaiah 61](#), [Matthew 23](#), [Matthew 11:28-30](#), [Matthew 21:1-11, 33-46](#), [2 Corinthians 10:1](#), [Matthew 19:16-30](#), [Romans 3](#), [Matthew 1:18-25](#), [John 17:15-19](#), [Romans 12:1-2](#)

CONCLUSION

Danny described the beatitudes as Jesus giving us a picture of an ideal disciple; therefore, he, Scott, and Darrell discussed these first four beatitudes as dispositions we should cultivate as we seek to follow Jesus in our daily lives. Think about their explanations of what it means to be poor in spirit, to mourn, to be meek, and to hunger and thirst for righteousness. What might it look like for you to cultivate these dispositions? Which might be the most challenging? Why? In what ways does Jesus' blessing of the kingdom of heaven—which includes comfort, inheritance of the earth, and fullness—give you hope and encouragement to cultivate these dispositions in your life of discipleship?

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