

Matthew 5:3

INTRODUCTION:

*"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."* Galatians 5:1

Yoke

Burden

The Beatitudes – "blessed"

Self-Inventory (Circle the items that keep popping up in your life)

- |                           |                             |                                |
|---------------------------|-----------------------------|--------------------------------|
| <i>Pride</i>              | <i>Uncontrolled tongue</i>  | <i>Money</i>                   |
| <i>Stress</i>             | <i>Body Image Issues</i>    | <i>Materialism</i>             |
| <i>Fears</i>              | <i>Worry</i>                | <i>Unhealthy Relationships</i> |
| <i>My overwork</i>        | <i>Bad habits</i>           | <i>Painful memories</i>        |
| <i>Attractions</i>        | <i>Anger</i>                | <i>Perfectionism</i>           |
| <i>Addiction</i>          | <i>Dishonesty</i>           | <i>Resentment</i>              |
| <i>Regrets</i>            | <i>Need to control</i>      | <i>Compulsive thoughts</i>     |
| <i>Lust/Sexual Issues</i> | <i>The Need to Succeed</i>  | <i>Critical Spirit</i>         |
| <i>Co-dependency</i>      | <i>Self Esteem Issues</i>   | <i>Depression</i>              |
| <i>Trust Issues</i>       | <i>Lack of Self-control</i> | <i>Food Disorder(s)</i>        |

*"I don't understand what I do. For what I want to do I don't do, but what I hate to do, I do! ...I know that nothing good lives in my sinful nature. I have the desire to do what is good, but I cannot carry it out."* Romans 7:15, 18

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CHOICE #1

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

Matthew 5:3

"Poor in Spirit"

A. I must admit that I need help!

*"God opposes the proud but gives grace to the humble."* James 4:6

Pride, Grace, Humble

*"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."* 1 Peter 5:6-7

What Enables Us to Change? Grace!

*"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 2:12

How do we get grace?

- Admit you are broken.

*"For the creation was subjected to frustration"* Romans 8:20

- Admit that your secrets make you sick.

## Matthew 5:3

*"When I kept silent,  
my bones wasted away  
through my groaning all day long.  
For day and night  
your hand was heavy on me;  
my strength was sapped  
as in the heat of summer.  
Then I acknowledged my sin to you  
and did not cover up my iniquity.  
I said, 'I will confess  
my transgressions to the Lord.'  
And you forgave  
the guilt of my sin." Psalm 32:3-5*

*"You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you." Proverbs 28:13 (Today's English Version)*

- Admit that it's your pride and fear that keeps you stuck

Example: John 4 – The Woman at the Well

Illustration: Cleaning Out the Frig

## B. I Need to Ask God for Help

*"Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead." 2 Corinthians 1:9*

*"You're blessed when you're at the end of your rope. With less of you there is more of God and his rule." Matt. 5:3 (The Message)*

### C. To be poor in spirit means I Need to Accept Help from Other

*"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"*

Ecclesiastes 4:9-10

Why is this the hardest step to take?

*"Confess your faults to one another and pray for each other so that you may be healed."* James 5:16

Find Someone to Confess To:

#### GROUND RULES

- Confidentiality – Whatever someone says to you stays with you.

- Do not try to "fix" someone.  
*"We are God's workmanship..."* Ephesians 2:10
- Don't minimize, compare, or be dismissive toward someone's pain. Listen!
- Confession to someone of the same gender.

REVIEW: Healing Choice #1

**I realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. I ask God for His help and I also invite someone into my life to help me defeat the "moles" in my life.**