

T H E

heart



soul

D E V O T I O N A L

the blessed ones

WEEK ONE: AN INTRODUCTION



MATTHEW 5:3-11

HEART & SOUL



Over the next five weeks Cornerstone will focus on the teachings of Jesus found in the Gospel of Matthew. The words of our Messiah speak to the heart and soul of all who seek to follow Him. They bring encouragement, instruction, hope and joy. As we go through this series we invite you to listen to the messages and use this devotional as a guide for personal formation and reflection.

reflect

Take a moment and reflect on the sermon from Sunday, October 15th 2023. You can watch or listen to it at cornerstoneboulder.org/sermons (select the first message in the Heart & Soul series). Read through Matthew 5:3-11 a few times and allow the words to wash over you as you close out your day.

BLESSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF HEAVEN. BLESSED ARE THOSE WHO MOURN, FOR THEY WILL BE COMFORTED. BLESSED ARE THE MEEK, FOR THEY WILL INHERIT THE EARTH. BLESSED ARE THOSE WHO HUNGER AND THIRST FOR RIGHTEOUSNESS, FOR THEY WILL BE FILLED. BLESSED ARE THE MERCIFUL, FOR THEY WILL BE SHOWN MERCY. BLESSED ARE THE PURE IN HEART, FOR THEY WILL SEE GOD. BLESSED ARE THE PEACEMAKERS, FOR THEY WILL BE CALLED CHILDREN OF GOD. BLESSED ARE THOSE WHO ARE PERSECUTED BECAUSE OF RIGHTEOUSNESS, FOR THEIRS IS THE KINGDOM OF HEAVEN. 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 5:3-11

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DAY ONE



MATTHEW 5:3-11

WORDS OF LIFE



On a hill overlooking the northwestern shore of the Sea of Galilee a large crowd gathered to catch a glimpse of a man from Nazareth proclaiming that the Kingdom of Heaven was near. The news of His message and miracles had spread like wildfire drawing people from all over the region to see and hear for themselves. One can imagine the hush that fell over the captivated audience as he made his way up the mountainside, sat down, and began to teach. The words of life and good news resounded with Divine authority as He declared:

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MATTHEW 5:3-11

R E F L E C T

With these words, He spoke to the heart and soul of desperate people and revealed the values of an upside-down kingdom. A kingdom unlike this world. One where God meets us in our brokenness, loss and longing, and blesses us with His presence, healing and hope. Just like the crowd gathered on that hillside over 2000 years ago this profound good news speaks to our hearts and souls today. The words of Jesus are an invitation to move past the values of power, fame, and pleasure that our culture celebrates, and to receive the Father's abundant blessing.

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DAY TWO



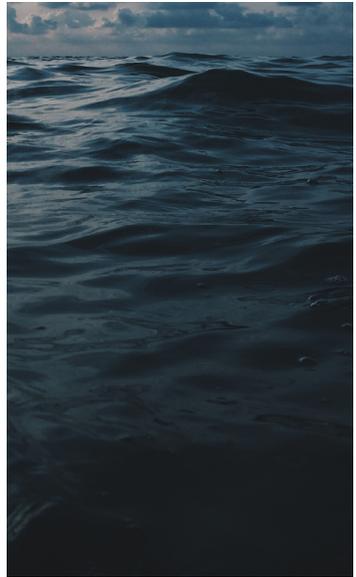
MATTHEW 5:3-11

A S K

Take some time to slowly read through Matthew 5:3-11. As you read, ask The Holy Spirit to highlight one of the “blessed are” statements. Read that specific sentence a few times again.

What are the thoughts and feelings that you have as you read these words?

How do they speak to you and the season of life you are in?



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DAY THREE



MATTHEW 5:3-11

R E C E I V E

Take some time to slowly read through Matthew 5:3-11. As you read, notice who is blessed and what they receive.

What does that reveal about the heart of God?

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DAY FOUR



MATTHEW 5:3-11

B L E S S E D

Slowly read through Matthew 5:3-11. As you read, take some time to recognize the types of people whom Jesus says are blessed.

How is this different from what the world views as being blessed?

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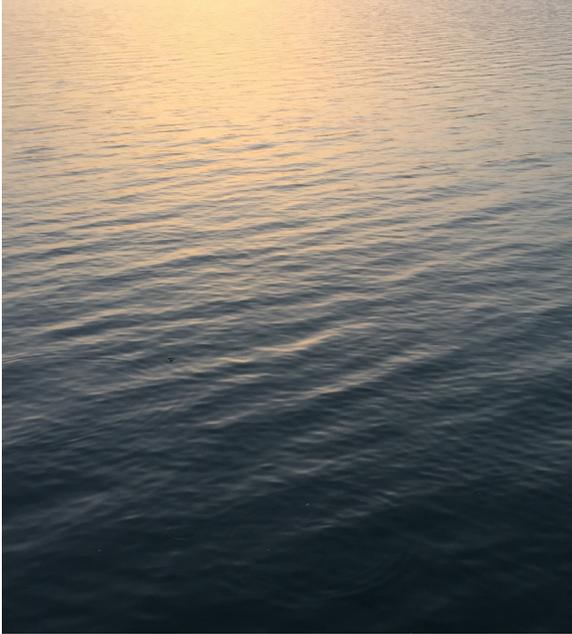
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DAY FIVE



MATTHEW 5:3-11

I M A G I N E



Slowly read through this week's passage in Matthew 5:3-11. As you read, allow yourself to be drawn into the scene on a hill overlooking the northwestern shore of the Sea of Galilee. Imagine the sights and sounds as a crowd has gathered around Jesus.

* What do you notice as you place yourself in this story?

* What surprises you? What feelings arise as you hear Jesus speaking to the large crowd?

* Is there something new you notice?

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DAY SIX



MATTHEW 5:3-11

write

Read Matthew 5:3-11. Are any of these statements hard for you to hear? Maybe a statement like, “Blessed are you when people insult you, persecute you, and falsely say all kinds of evil against you because of me”, doesn’t feel like a blessing.

If so, write a letter to God explaining why you feel (or think) this way. Ask the Holy Spirit to meet you in your frustration or confusion.

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TO LEARN MORE ABOUT
THE HEART & SOUL PROJECT VISIT
[CORNERSTONEBOULDER.ORG/HEART-SOUL](https://cornerstoneboulder.org/heart-soul)
BRINGING HEALTH AND WHOLENESS
TO OUR COMMUNITY