

HOW TO RUIN YOUR LIFE

Week 1 - How to ruin your happiness.

RECAP FROM LAST WEEK:

Were you able to complete last week's application steps?

- Did you let go of self-pity, embrace grace, and get back in the game last week?

CONTENT:

Share something that makes you happy and why?

Read Matthew 5:1-3.

What has been going on in Jesus ministry up to this point? (Matthew 4:23-25)

What do you think drew the crowds?

LEADER'S NOTE: They had a desire to be healed, have demons cast out and listen to this man who was able to wield such power. For a large number they were looking for someone to fix the unpleasant parts of their lives. And perhaps as a by product allow them to find more happiness.

According to verse 1, what does Jesus do when He sees the crowd?

Jesus starts off by saying, "blessed." Does anyone know what that word actually means?

LEADER'S NOTE: It comes from the Greek word makarios and simply means "happy".

When you think of God's desires for your life do you think of Him desiring for you to be happy? Explain your answer.

Where does the world find happiness?

Where do you find happiness?

Is there anything wrong with pursuing happiness? Explain.

LEADER'S NOTE: Jesus does not tell us it is wrong to pursue happiness, but He does redefine for us what it looks like to pursue happiness according to His word.

According to verse 3, who are the ones who are happy (blessed)?

Can anyone guess what it means to be "poor in spirit?"

LEADER'S NOTE: Poor in spirit really refers to a person being humble. It is a person who is not puffed up in their heart. In context, it is a person who understands their desperate state. This person knows they are spiritually poor.

What does Jesus say the poor in spirit will receive?

LEADER'S NOTE: Receiving the kingdom of heaven is a way of saying they receive salvation.

Is the fact that the poor in spirit are being saved the only reason they are happy?

LEADER'S NOTE: Humility itself leads to real true lasting happiness. Pride can never lead to a real true enduring happiness. It will always leave the person wanting. Happiness can only be found in Jesus.

APPLICATION:

How can we ensure we are poor in spirit?

LEADER'S NOTE: In a word, "repentance". Repentance will always keep us poor in spirit because in order to repent we have to take a real honest look at our sin. That is a humbling thing. Once we see it then we can confess and repent, knowing that we have salvation given as a gift rather than something that is earned. It is the ones who refuse to acknowledge their wickedness that are self righteous and unable to receive the "kingdom of heaven."

PRAYER:

Oh God, help me to be poor in spirit. Let me see myself from a proper view point, broken and flawed by sin and yet entirely loved and accepted because of Jesus. Let me live my life out in response to the grace You have shown by not thinking more highly of myself than I ought to think. But rather let me think on the greatness of my Savior. Amen.