



True Happiness  
Matthew 5:3-4  
Series: The Sermon on the Mount, #1  
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Theme: **True happiness comes from being in and living out the kingdom of heaven.**

### Overview.

1. The Sermon as a whole.  
(See also Matthew 5:20; 7:12, 28-29; Romans 3:23; 6:23; Ephesians 2:8-9; James 2:10)
2. The Beatitudes.  
(See also Ephesians 1:3)

**The humble before God are truly happy because the kingdom of heaven is theirs.**

1. What does it mean to be *poor in spirit*?  
(See also Psalm 34:18; Isaiah 57:15; Luke 16:19-31; 18:9-14)
2. These humble ones are blessed, are truly happy because they are in God's kingdom.  
(See also Romans 5:17)

**Those who mourn over their sin are truly happy because they will be comforted.**

1. Who are the ones who mourn and why are they mourning?

(See also Luke 18:13-14; 1 Corinthians 7:10)

3. Humble mourners will be comforted now and always.

(See also 2 Corinthians 1:3-4; 2 Thessalonians 2:16; 1 John 1:9)

### **In My Life This Week**

(As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

**Monday.** We have begun our trek through the Sermon on the Mount. Ask God to help you understand and live this truth. Then read through Matthew 5-7 in one sitting today.

**Tuesday** Remember that the Sermon on the Mount is not the way to salvation, to world peace, nor is it the way for just a future time. It describes the way for God's people. As we zero in on 5:3-4, check your notes, read through Jesus' statements, and write out a description of what true happiness is and is not. Does that describe you? Why or why not?

**Wednesday.** Who are the *poor in spirit*? What does it not mean and mean to be poor in spirit? A hymn written 250 years ago sings "Nothing in my hand I bring, simply to Thy cross I cling." These are the words of everyone who is poor in spirit. Are they yours, or are you clinging to anything other than Jesus and His gracious provision of salvation?

**Thursday.** God blesses humble, helpless mourners with being part of His kingdom now and always. This blessing is a marker at the beginning and ending of the Beatitudes (5:3, 10). Additionally God blesses them with His comfort—now and always (5:4). Thank God for these blessings. Make sure you are following Him by faith today to enjoy them!

**Friday–Saturday.** On Sunday we plan to look at *More Happiness* from 5:5-7. Read the opening section, chapter 5:1-12 in preparation for our time of worship together.