



### Day One

Listen to the episode. Read the following questions, and write your answers in the box provided.

If blessed means recognizing God's blessing, rather than a command to try and fulfil a particular condition (eg. being poor in spirit, mournful etc), then how do you respond to that? Write some thoughts below.

**Reflection:** Those poor in spirit are called “blessed” by Jesus, not because they are in a meritorious condition, but because, precisely in spite of and in the midst of their ever so deplorable condition, the rule of the heavens has moved redemptively upon and through them by the grace of Christ. Dallas Willard. How do you respond to the idea of being blessed simply because you're in desperate need? No more “working up humility” in order to receive God's blessing. Just a wonder at God's grace and goodness. Think through the implications of what Jesus is teaching you through the beatitudes and allow your meditations to lead you into worship. Prayer.

### Day Two

Listen to the episode. Read the following questions, and write your answers in the box provided.

Do you mourn? What is causing you sadness right now? Write down some thoughts to hand over to God.

**Reflection:** Blessed are those who mourn, for they shall be comforted. We all mourn, because life brings much sadness, even as it contains joy. Spend some time simply offering a couple of specific cases of sadness in your life to the Lord. It may be something huge, like the death of a relative, or something seemingly trivial, such as a lost job opportunity. You're blessed in the midst of the pain, because God enfolds you with his blessing. He comforts now, and promises complete comfort to come. Take time to receive his comfort in your spirit. Prayer.