

Family Study Guide

Blessed Are the Poor in Spirit | Matthew 5:3

BIG IDEA

God welcomes us when we come to Him honestly, trusting Jesus instead of trying to earn His love.

Time: 15-20 minutes **You need:** a Bible and paper/crayons (optional)

1. Begin Together (2 minutes)

Ask: "What are some things people try hard to be good at?" Let everyone answer. Then say: "Today Jesus tells us that we do not have to impress God. We can come to Him needing His help."

2. Read God's Word (2 minutes)

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matthew 5:3

Explain: "Poor in spirit does not mean we are not important. It means we admit that we cannot fix our sin or earn God's love by ourselves. We need Jesus."

3. Talk About It (6-7 minutes)

- What does it feel like when you need help with something?
- Why is it good that we can tell God the truth about our mistakes and our need for help?
- What is the difference between trying to impress God and trusting Jesus?
- What is one thing you can ask Jesus to help you with this week?

For younger children: Use simple choices: "Can we save ourselves, or do we need Jesus?" "Does Jesus welcome us when we ask for help?"

4. Empty Hands Activity (4-5 minutes)

Have everyone hold out empty hands. Say: "Empty hands cannot bring God a prize or a perfect record. But empty hands can receive a gift."

Give each person paper. Invite them to draw or write one worry, mistake, or hard thing they need Jesus to help with. Fold the paper and place it in the middle of the table. Remind everyone: "Jesus does not turn away people who come to Him needing mercy."

5. Remember and Pray (3 minutes)

Say together: "I do not have to earn God's love. I can trust Jesus and receive His mercy."

Prayer: "Jesus, thank You that You love us by grace. Help us to stop pretending that we can do everything on our own. We need Your forgiveness, help, and love. Teach us to trust You today. Amen."

THIS WEEK: When you face something hard, pause and pray: "Jesus, I need You. Please help me."

[Link to recommended 5-Minute Family Devotional: Kid-Friendly Devotions for Growing with God below:](https://www.amazon.com/5-Minute-Family-Devotional-Kid-Friendly-Devotions/dp/1685391427)

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