



## Part 2: What is "Blessed?"

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Todd King, Lead Vision Pastor

**Last week:** Less is more

### **In the Bible...**

A blessing is an oral pronouncement of good.

A blessing was giving someone strength of soul.

Hebrew *brakhah*: to bless or to kneel

Blessings are always about the goodness that comes from connection to God.

Greek *makarios*: happy or fortunate

**Challenge:** Let's use *blessed* like it's used in the Bible!

### **The Beatitudes (The Blessings): Matthew 5:1-12**

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

He said:

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 sons 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.

**You are blessed because of relationship, not performance**

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. – Ephesians 1:3

**This holiday season, be blessed because you know Jesus.**

### **Next Steps**

If you can say that God has met your needs, would you consider helping meet someone else's by giving toward The CTK Blessing? To give cash or checks, please use a green Blessing envelope available at the back of the auditorium or at the corner of the east hallway and Commons. If you prefer to give online, choose Blessing at [www.ctk.church/give](http://www.ctk.church/give).

### **Small Group Questions**

- 1) When it comes to holidays, are you more the plan maker in your family or more the plan follower?
- 2) Which areas (debt, stress, noise, chaos, hurry or getting) do you struggle with most during the holidays?
- 3) Is there something you've decided not to do this season? What is it?
- 4) It's said that if you fail to plan, you plan to fail. How can you plan simplicity, silence and Sabbath into this season? Is there a way to make yourself accountable for those decisions?
- 5) How can we pray for you right now and throughout the week?