**Small Group Material w/b March 18th**

**The Beatitudes: Contemplation**

*Welcome*

What places or activities or times of day cause/help us to feel more contemplative?

*Worship*

The Lord’s My Shepherd (I Will Trust in You Alone)

<https://www.youtube.com/watch?v=pN4tPkX0MG0>

*Word*

Re-read Matthew 5 verses 1-9.

1. Before he begins his sermon on the mount, Jesus withdraws from the crowd. Throughout the gospels, he often seeks out space to be alone or in a smaller group. Look up:

Mark 1: 35 and Luke 5: 16

Why do you think Jesus makes this a habit? What does it suggest about his priorities?

**You might like to watch this video produced by the Diocese to go with this course:** https://vimeo.com/240455224

1. How do you like to spend time with God? Are there habits or routines that you find particularly helpful?
2. ‘Blessed are the poor in spirit for theirs is the kingdom of God’ – how are we ‘poor in spirit’ before God?
3. How aware are we on a day to day basis of our need for and dependence on God? What would help us to be more aware?
4. “Blessed are the meek” – how would you define meek? Can you think of any examples of meekness from people you’ve met or know? What do you think Jesus means when he says the meek will inherit the earth?
5. “Blessed are the pure in heart”. **Read Matthew 6 verses 1-7**

Jesus wants us to live from the inside out not the outside in – he unpacks some of what this means in his teaching on secret giving, secret prayer and the inner life.

* When is it tempting to prioritise good deeds or actions over our inner life with God?
* What are some of the challenges of going into your room, closing the door and praying to your Father who is unseen, as Jesus instructs us to do?
* How do we tackle these challenges so that spending time with God is part of our day?

*Witness*

Reflect on the three beatitudes we have focused on today: ‘poor in spirit’, ‘meek’, ‘pure in heart’. Is there one of these that particularly speaks to us as we reflect on how we spend time with God? What habits can we put in place to ensure that there is space for us to meet with God each day?

Pray for our witness this Easter, both as individuals and as a church.