

# The Beatitudes

## Blessed are the Poor in Spirit

Ready (*Plant the seed*)

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

Set (*Get the conversation started*)

This season, we will discuss the Beatitudes. The Beatitudes are part of Jesus' Sermon on the Mount where He teaches about right living. In the Beatitudes, Jesus tells us how to live a blessed or happy life. In the first one, Jesus states: "Blessed are the poor in spirit, for theirs is the kingdom of heaven." Being poor in spirit means being humble or counting others more important than yourself. It means to recognize your own sin and that you need God's forgiveness. Jesus is saying that those who humble themselves and seek God will inherit the kingdom of heaven. Humility is a distinctive Christian characteristic.

How do you show humility as an athlete? A Christian athlete exhibits humility in recognizing his own limitations- you are part of a team in which everyone has something they are good at: you do not accomplish anything alone. A Christian athlete exhibits humility when he accepts correction from his coaches: you accept correction as part of the wisdom your coaches are using to help you improve. A Christian athlete exhibits humility when he is gracious in defeat: you recognize that your opponent played better and you congratulate them. A Christian athlete exhibits humility during a win: you choose not to celebrate excessively or brag to the other team.

Grow (*Talk it over*)

-When have you found yourself in a position that you did not choose to act with humility. What happened?

-Why should we exhibit humility as a Christian athlete?

-In what ways will you choose to be humble this week?

Pray

Father God, thank you for sending Jesus to teach us righteousness and show us the way to have a blessed life through the beatitudes. This week, please help us to be poor in spirit so that we may receive the kingdom of Heaven through humility knowing what Jesus' sacrifice means for us. God, sometimes it is hard to put others above ourselves. Please help us to do that this week. In Jesus' name, Amen.

Overtime (*Team Building Game to Support Concept*) One Animal, Many Parts

Play as a single team or split into two to compete.

*Say: Let's play a game where you need to humble yourself and work together as a team. I'm going to call out an animal and your team will have to create the shape of the animal using your bodies. You will each become a part of the animal.*

*Once you have become the animal, shout the noise it makes (roar, bark, quack, etc.).*

Play as time allows. Examples of animals: giraffe, elephant, lion, snake, etc.

*Say: Great job! This game reminds us that we all parts of the same team and not one person is more important than another. It takes all of us to make it work!*