

Walking in the *Foot Prints* of Jesus

A Discipleship Journey



Sermon on the Mount

Week 3

Trust In...

Matthew 5:3 - 6

Opening Prayer:

Today, and all days
embrace us in a love that knows no end.

Today, and all days
fill us with a power that overcomes.

Today, and all days
encourage us with a word that nourishes.

Today, and all days
inspire us with a hope that sustains.

Today, and all days
comfort us with a peace that endures.

Today, and all days
bring wholeness of body, mind, and spirit

Today, and all days ...

Reflection

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 satisfied.

(Matthew 5:3 – 6)

Life is full of transitions. Sometimes these transitions are chosen and planned for and sometimes they are thrust upon us. But if there is one thing that all transitions have in common, it's the sense that, at some point, life has spun out of our control. This makes us feel really uncomfortable – we worry, become anxious, and struggle to regain control. You see, humans like order and control because they help us make sense of our world. When order has been disrupted, we work really hard to restore it.

Generally, this serves us well. However, this tendency can also keep our focus inward on ourselves, almost to the point where we don't really trust anything we can't control – even God. Sometimes in our prayer, we want a specific outcome from God and, when God doesn't give us that outcome, it's difficult to trust God.

Being *poor in spirit* speaks exactly to this. In these first Beatitudes, Jesus calls us to a new way of being. We are invited to empty our hearts of our worries, struggles, and preoccupations and to trust that God has our best interests at heart and provides all that we need. The process of trusting opens us to the awareness that only God can truly satisfy that inner longing that so many of us have.

When we are able to fully trust in God, we move beyond our own (perceived) wants and needs, to the needs of others. Our hearts open to the suffering all around us. We sympathize with the pain and sorrow of others, sharing in their grief and sadness, and together we are comforted.

When we fully trust in God, we believe God's promise to always care and provide for us and thus, with humility and meekness, put other's needs before our own. Because our hope and trust is in the Lord, we inherit or grow into the most prized possession of all. In Jesus' time, this prized possession was "the earth" or land. Today, the most prized possession we receive is the fullness of Christ's peace. Living out of meekness, we enjoy the peace that only Jesus can give. When we fully trust that God is providing all we need, we want to share God's blessings and abundance. We extend our resources to everyone so that all people are treated morally and justly. Our hunger for a just world is satisfied.

Jesus calls us to a new way of being, setting the foundation for the rest of His Sermon.

Reflection Question: What gets in the way of my trusting in God?

Closing Prayer

Speak to Jesus about what is on your heart, then rest in silence for a few moments listening for His response.