



BLESSED ARE THE POOR IN SPIRIT FOR THEIRS IS THE KINGDOM

FOLLOW 3 Lesson 16

Our Heart

Matt 5:3

People who are poor in spirit may enter the Kingdom of Heaven. There are different ways we can look at being poor in spirit. Today we will especially be looking at the attitude of our heart. Your attitude of heart is very important according to Jesus. Read about it in the following examples.

Who does Peter think Jesus is? Does Jesus confirm this?

Matt 16:16-17

1

Jesus knows that He is the Son of God. That is a big thing. What a special position Jesus has. Despite this, Jesus knows His place all too well. He trusts completely in God the Father.

John 5:19

1

The heart of Jesus is very humble (poor in spirit). He is not proud of who He is. He receives power and wisdom from the Father. In order to do this you need to be humble. In other words: voluntarily dependence is necessary. Jesus did not lean back on His position, or on His own knowledge or power. In front of everyone He acknowledged that they were from the Father. Jesus went further.

What does Jesus say about His attitude?

Phil 2:6-9

1

Jesus distanced Himself from His godly nature and became a man. He chose to humble Himself for us and was willing to die for us.

The Fruit

Luke 6:43-45, Prov 4:23

What flows out of the mouth?

Matt 7:15-20

What do we need to watch out for?

Jesus talks with His disciples about bearing fruit. What fruit do you see in your life and how does it come about? Jesus speaks directly about the heart. The fruit in our lives derives from our heart. If your heart is full of Jesus then this will be evident and audible in what you say and do. Jesus warns us about people who speak the name of God but do not live accordingly.

It is therefore very important to ask ourselves who can be of influence in our lives. Which people do we allow in our heart? Or in other words, who do we believe?

Which 2 things work together for our salvation?

Rom 10:8-10

Luke 2:46-49,

Luke 4:16

1

2





As a teenager Jesus was hungry to learn more. Because He was humble of heart He knew that He needed to do that. He wanted to know the Father and did everything He could to do so. He wanted to let His heart be shaped. His heart was open to learning more.

We need the very same attitude. Are we humble enough to learn from God? Will we let our heart be shaped and changed by His words?

♡ Try to look deep in to your heart as to who you listen to? Who can shape your heart? Can God do that? Or do you think that you know everything already? Or are there other philosophies, relationships, friends, etc. who determine what we believe and therefore what fruit you bear?

The Seed

We all know that if you plant an apple seed in the ground, after a while an apple tree will grow there. New apples grow on that apple tree. No one thinks it is strange.

Jesus wanted to teach His disciples a very important lesson about humility before He died.

What does Jesus say in verse 17?

John 13:1-17

Jesus chooses to wash the disciples' feet. He who taught them everything that He heard from the Father left them with an example.

God's Intervention in Your Heart

Is it possible for you to change? How can you suddenly become humble when you are proud and think you know everything? Do you have to work hard to do your best? Yes and no!

The heart is the source of everything. Jesus wants to live there with His Spirit. This Jesus has the spirit of humility in Him. He is like a seed which enters your heart. Your heart is the ground in which the seed falls. His fruit of humility will grow and blossom in you.

You do have a choice in this. You are the one who determines what comes into your heart. You are the one who chooses with whom you speak and to whom you listen.

Your heart is the place where Jesus wants to bring new life. He asks you to have a humble heart which says: "I trust in You; I cannot do it. Will You do it in me? I want You as King of my life. I want to follow you."

In Front of Others

When I had just become a Christian, Jesus started to speak to me about humility. One day I told a group of people something which had not actually happened like I reported. The Spirit of God began to speak to me that this was not true. In the past I would have just gone on and pretended nothing happened. No one knew anything about it. But this time the Spirit of God kept insisting that I should confess that I had not told the entire truth. I could choose to let the spirit of humility grow. But I could also choose to just carry on. I did choose for the first option and confessed to the group that the story was different to what I had said.

EXERCISE



If you really want to live in the Kingdom then this attitude is essential. You can make this choice today to follow Jesus with a humble heart. Ask Him to plant this in your heart.



Discuss with your mentor which areas of your heart are now blooming. Where do you see the fruit of following Jesus? Discuss how you feel about being humble. Are you beginning to understand who you are? And from whom do you want to learn?

PRINCIPLE 16

Jesus was poor in spirit by being humble. He asks us to follow His example and our heritage will be the Kingdom of Heaven.





TEXTS LESSON 16

Matt 5:3

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

Matt 16:16-17

¹⁶ Simon Peter answered, "You are the Christ, the Son of the living God." ¹⁷ Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven.

John 5:19

¹⁹ Jesus gave them this answer: "I tell you the truth, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does.

Phil 2:6-9

⁶ Who, being in very nature God, did not consider equality with God something to be grasped ⁷ but made himself nothing by taking the very nature[b] of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! ⁹ Therefore God exalted him to the highest place and gave him the name that is above every name.

Luke 6:43-45

⁴³ "No good tree bears bad fruit, nor does a bad tree bear good fruit. ⁴⁴ Each tree is recognized by its own fruit". People do not pick figs from thornbushes, or grapes from briars. ⁴⁵ A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

Matt 15:19

¹⁹ For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander.

Matt 7:15-20

¹⁵ "Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves. ¹⁶ By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? ¹⁷ Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. ¹⁸ A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire. ²⁰ Thus, by their fruit you will recognize them.

Rom 10:8-10

⁸ But what does it say? "The word is near you; it is in your mouth and in your heart," that is, the message concerning faith that we proclaim: ⁹ If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

John 13:1-17

¹ It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end. ² The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴ so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. ⁶ He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" ⁷ Jesus replied, "You do not realize now what I am doing, but later you will understand." ⁸ "No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with me." ⁹ "Then, Lord," Simon Peter replied, "not just my feet but my hands and my head as well!" ¹⁰ Jesus answered, "Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you." ¹¹ For he knew who was going to betray him, and that was why he said not everyone was clean. ¹² When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. ¹³ "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. ¹⁴ Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. ¹⁵ I have set you an example that you should do as I have done for you. ¹⁶ Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ Now that you know these things, you will be blessed if you do them.