

LIVING UPSIDE DOWN

Week 2

BRBC Groups

April 21, 2024

Scripture | Matthew 5:1-12

Ice Breaker |

1. What do you think it takes to be happy?
2. Is there a place that you would call your happy place? Describe it to us, and tell us why it is where you are most happy.

Going Deeper |

1. Is there anything that stood out to you from Sunday's message, or do you have any questions?
2. In the message this week, Rob used the words happy and blessed somewhat interchangeably. What do you think are the similarities and differences between these two words in English?
3. Read Matthew 5:1-12.
4. How does Jesus' teaching in the Beatitudes relate to the idea of happiness?
5. In the sermon this week, how was the idea of being poor in spirit explained? How would you apply that in your life?
6. Which of the Beatitudes do you find comes most naturally to you? Which do you find a struggle?
7. In the message this week, Rob mentioned that the contemporary understanding of what makes someone happy based on psychological testing is that someone has healthy relationships, a job or hobby they find fulfilling and that they are volunteering. How do the Beatitudes speak to this?
8. Of the three areas (relationships, fulfilling work, volunteering) which would you say you are doing well at? Where is there an opportunity to grow?
9. How do the Beatitudes speak to our relationships with other people? What can we learn about how we are to relate to others from them?
10. Which of the Beatitudes do you find most counterintuitive? Why do think that?
11. Why is purity of heart something important to Jesus? How can we pursue it?
12. How can we choose righteousness regularly? What would that look like?