



# LIFE GROUP STUDY GUIDE

## 4 NOVEMBER

### FLOURISHING: THOSE WHO HUNGER & THIRST FOR RIGHTEOUSNESS

This study guide should be used the week following the sermon it supplements.

**MAIN TEXT:** *Matthew 5:1-13*

5 Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

He said:

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

4 Blessed are those who mourn,  
for they will be comforted.

5 Blessed are the meek,  
for they will inherit the earth.

6 Blessed are those who hunger and thirst for  
righteousness,  
for they will be filled.

7 Blessed are the merciful,  
for they will be shown mercy.

8 Blessed are the pure in heart,  
for they will see God.

9 Blessed are the peacemakers,  
for they will be called children of God.

10 Blessed are those who are persecuted  
because of righteousness,  
for theirs is the kingdom of heaven.

11 "Blessed are you when people insult you,  
persecute you and falsely say all kinds of evil  
against you because of me. 12 Rejoice and be  
glad, because great is your reward in heaven,  
for in the same way they persecuted the  
prophets who were before you.

13 "You are the salt of the earth. But if the salt  
loses its saltiness, how can it be made salty  
again? It is no longer good for anything, except  
to be thrown out and trampled underfoot.

#### COMING UP

**Foodbank Sunday:** 2<sup>nd</sup> Dec

**Monthly Prayer Meeting:** 14<sup>th</sup> Nov

**Alpha:** 15<sup>th</sup> Oct – 10<sup>th</sup> Dec

**Academy:** 21<sup>st</sup> Oct – 2<sup>nd</sup> Dec

**Christmas Family Service:** 9<sup>th</sup> Dec

**Carol Service:** 16<sup>th</sup> Dec

**Christmas Service:** 23<sup>rd</sup> Dec

**New Year Celebration:** 30<sup>th</sup> Dec

\***B.L.E.S.S. means:** Begin with Prayer, Listen with care Eat together, Serve with love, Share Jesus Stories. For more info see [westminsterchapel.org.uk/bless](http://westminsterchapel.org.uk/bless).

#### GETTING STARTED

We want to develop and strengthen a healthy culture of encouragement at Chapel, so each week we'll start our LG's by sharing something we want to thank God for: an encouraging thing He's doing in our lives, or in the lives of others. What ways have you been able to B.L.E.S.S.\* those around you in recent weeks?

#### DIGGING DEEPER

1. Recap v3-5. How is the beatitude in v6 connected to the previous 3?

2. What are the different meanings that the word "righteousness" has in the Bible?

3. Look up the following references to righteousness in the Sermon on the Mount: Matt 5v6, 5v10, 5v20, 6v1 and 6v33. What aspect of righteousness is Jesus getting at in each verse (see also 5v11)?

4. Why do you think Jesus uses the language of "hungering and thirsting" for righteousness? What do you think he is trying to convey?

5. Look up Isaiah 55v1-3 and Jeremiah 2v13. What do these passages say about unhealthy spiritual appetites? What kind of things do we hunger after that cause us harm or distract us from God's righteousness?

6. In what ways does God fill hunger and thirst for righteousness now and in what ways will he satisfy this fully when Jesus returns?

7. What is the connection between God's work and our own efforts in cultivating a healthy spiritual appetite? See Philippians 2v12-16. How does this motivate, challenge and/or encourage you?

8. Which stage of the 6 step plan to cultivate a healthy spiritual appetite (see below) most resonated with you? What tips do you have that might help members of your group?

A. Ask for help (Go to God)

B. Bin the junk food (repent of sin)

C. Curb your appetite (don't let good things become God things)

D. Diet well (eat, chew and digest God's word)

E. Exercise (apply God's word and seek to obey Him step by step)

F. Friends (Don't go it alone).

#### NEXT STEPS AND PRAYER

Get into groups and share one practical "exercise" you are going to do this week and pray for one another: that God may give you a hunger and thirst for Him, power to persevere and that He might fill you and use you in London and beyond. Come next time ready to share how your exercise went!