



## 8 Steps to Being Happy

What we know as the BEATITUDES (Matthew 5:3-12) are the opening sentences of Jesus' Sermon on the Mount. The word the Bible uses for "blessed" means "happy" and describes the kind of life we can experience when we are on the same track as Christ.

- 1. "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.**  
— *Denotes humility as the way to God.*  
(5:3)
- 2. "Blessed are they that mourn, for they will be comforted."**  
— *Truly feel the sorrows of the world.*  
(5:4)
- 3. "Blessed are the meek, for they will inherit the earth."**  
— *Describes not the weak, but the strength that is surrendered in a new birth experience.* (5:5)

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**4. "Blessed are** they who hunger and thirst after righteousness, for they will be filled."

— *Signifies the strong desire to become more Christ-like. (5:6)*

**5. "Blessed are** the merciful, for they will be shown mercy."

— *Show an attitude of forgiveness. (5:7)*

**6. "Blessed are** the pure in heart, for they will see God."

— *Strive daily for clean living. (5:8)*

**7. "Blessed are** the peacemakers, for they will be called Sons of God."

— *Exert a calming influence in the storms of life. (5:9)*

**8. "Blessed are** they who are persecuted, for theirs is the kingdom of God."

— *Denotes faithfulness under stress. (5:10-12)*

*As you can see, each Beatitude carries with it a strong promise of ultimate good for those who develop the blessed life. It makes the race of life worth it!*

*To learn more about the Beatitudes, don't miss our sermon series on this helpful topic in October.*

