



Introduction

1. A Survey: (Only check the box if the answer is “yes”)

- Have you ever stayed up late when you knew you needed sleep?
- Have you ever stayed up late and then fell asleep in church?
- Have you ever eaten or drank extra calories that you knew you shouldn't have?
- Have you ever made commitments that you couldn't possibly keep?
- Have you ever felt you should exercise but you didn't?
- Have you ever known that you should be kind and unselfish but instead you were the opposite?
- Have you ever tried to take control of your life, a circumstance, or another person and discovered that you couldn't?

2. Jesus and Paul have some encouraging words! (Mark 2:17, Romans 7:18-19)

3. The cause (Ezekiel 28:2): _____

4. The cure (Matthew 5:3-10): _____

5. What does “blessed” mean? _____

6. The first Beatitude is the **first healing choice** for getting rid of your habits and your hurts that mess up your life.

So what does it mean to be “poor in spirit”?

I. We must humbly admit our need for help.

A. We have to humble ourselves. James 4:6 *What really is grace?*

B. We have to admit some things. Psalm 32:1-5

- Our secrets make us sick!
- Proverbs 28:13
- Pride and fear keep us stuck!

C. We need to ask God for help. (The root of humility.)

II. We must humbly accept help from other people.

A. We have a control problem!

B. We need each other to be healthy!

James 5:16 = The road to healing.

Our desire to look good! (3 fears)

1. _____

2. _____

3. _____

C. We need to be in a small group!

Ground Rules: (a.) Confidentiality!

(b.) Don't try to fix people!

(c.) Speak truthfully in the same gender!

(d.) Focus on your own brokenness!