

A Checkup from the Neck Up

Chapter 7

Audio lesson: New Testament 7



Objective: To introduce the Sermon on the Mount and to learn about the beatitudes.



“Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called sons of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”

—Matthew 5:3-10

In some ways, Jesus’ greatest discourse was His Sermon on the Mount, which is a concise summary of the ethical teaching of the entire Bible. Jesus invited those who were closest to Him to hear His message of this sermon so that they could minister to other people in the crowds. One of the first things He taught His followers was the beatitudes, or beautiful attitudes: a profile of the mind and character of a true believer.

The essential question in the Sermon on the Mount is: “Are you part of the problem, or are you part of the solution of Jesus?” In a sense, the beatitudes are the message, and the rest of the sermon is about how that message is applied to life. Those who serve in the kingdom of God must first have the character of the King. The beatitudes show us the right attitudes for coming to God and for going from God into the world to be part of His solution.



1. True or false? The Sermon on the Mount gives us the essence of all of God's law.
2. True or false? Jesus called a select few to hear His message because they were the ones who had the biggest problems.
3. True or false? The Sermon on the Mount shows us that being a Christian is only about making a decision, not about having a changed life.
4. True or false? The beatitudes are about our attitudes.

Unless otherwise noted, choose one best answer for each question.

5. What does the word "blessed" mean?
 - a. Happy
 - b. Wealthy
 - c. Comfortable
 - d. Perfect
6. Which of the following attitudes or characteristics are part of being a Christian? (*choose all that apply*)
 - a. Hungry for righteousness
 - b. Proud
 - c. Powerful
 - d. Poor in spirit
 - e. Merciful
 - f. Trouble-free
 - g. Pure in heart
7. Who is the solution for the needs of the people?
 - a. Christians
 - b. Governments
 - c. Jesus
 - d. Each person is his or her own solution
8. What does it mean to be poor in spirit?
 - a. To be humble and recognize your own insufficiency
 - b. To be incapable of doing any good thing
 - c. To be completely ignorant
 - d. To give up all possessions for Jesus
9. Why are those who mourn blessed? (*choose all that apply*)
 - a. God loves serious people more than joyful people.
 - b. Those who mourn learn to have compassion and minister to others.
 - c. Those who mourn recognize sin and suffering and are open to receiving Jesus.
 - d. God teaches us valuable lessons through the failures that grieve us.
 - e. We are redeemed by our suffering.

10. What does the biblical concept of meekness mean?
- a. Weakness
 - b. Shyness
 - c. Indecision
 - d. Being tamed like a horse
11. What does Jesus promise to those who hunger and thirst for His righteousness?
- a. Moral perfection
 - b. Fullness
 - c. Futility
 - d. Food
12. Which attitudes come from those who have been filled with righteousness?
- a. Mercy and love
 - b. Pure motives
 - c. Reconciliation
 - d. All of the above
13. What generally happens to those who demonstrate godly attitudes and characteristics?
- a. They are always free from trouble.
 - b. They make friends with everyone.
 - c. They are persecuted.
 - d. They become too holy to associate with.



How well does the profile of a follower of Christ—the character of the beatitudes—fit with your culture? How do they describe Christians you know? How well are you able to express these attitudes and characteristics in your life?



Thank God that He has shown us a better way than the ways of this world. Ask Him that the Spirit of Jesus would produce the right attitudes—His beautiful attitudes—in your heart and help you be a solution to the world’s problems.



Going Deeper

1. Why would Jesus begin this teaching to recruit those who would be His solutions to the problems people have in this world with eight teachings about attitudes? (Consider Matthew 6:22, 23) _____

2. How does Jesus relate these eight great attitudes to the relationships of those who heard them stated? _____

3. What does it mean to be poor in spirit, and how can you apply this first beatitude to your own life? _____

4. What kind of mourning is Jesus talking about in the second beatitude? _____

5. What is Biblical meekness, and in what way do the meek inherit the earth? _____

6. When a disciple is filled full with righteousness, what does Jesus mean when He teaches that they will next be merciful with a pure heart? _____

7. In what way is Jesus teaching that being a peacemaker leads to being persecuted for righteousness' sake? _____
