



Praying Thru the Beatitudes

I have read through the beatitudes in Matthew 5:3-12 since I was a little girl, and about seven years ago I memorized them. But now, I want to do more than just read or recite this list. I want to spend time meditating on it. I want these words of Jesus to impact my life. That is why I've written this prayer guide. For each verse there are questions for you to ponder and talk about with the Lord. There are also a few verses to look up that may shed a more light on the verse and a few questions as you reflect on the condition of your heart. This is by no means an extensive study, but rather a prayer guide to get the conversation started. I pray that your conversation is honest, unhindered by your expectations of yourself.

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

Additional Verse(s): Romans 3

Spend a few minutes talking to God about your spiritual state, and your ability to be righteous on your own. Do you feel like you have to have it all together spiritually? What do you have to offer God on your own? Thank God for what He the righteousness He offers.

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

Additional Verse(s): 1 John 1:9

Mourning isn't just being sad. . . it is mourning over our sin. Talk with God about your sin issue. . . are there sins you need to confess? Confession is not a time to beat yourself up. . . it is a time to agree with God that sin is sin. It is a time to admit where you are and begin moving in a new direction.

Do you really have a desire to be righteous and for God to conquer your sin? Be honest with Him about it. What areas are you desperate for Him to conquer in your life?


Praise Him that thru Jesus' resurrection, we can be FREE from our chains of sin.

Also spend a few minutes talking with God about your needs that only He can meet! Praise Him that He is able to meet all our needs!

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

Additional Verse(s): Proverbs 3:34

Let's define "meek" as strength under control. Are you meek? How is your attitude toward the world around you? Are you gentle? Do you demonstrate power under control? How do you respond when your pride is hurt? Is pride a struggle for you? Is there a situation that you are dealing with that you could demonstrate meekness in today?



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

Additional Verse(s): Psalm 34:15, Matthew 6:19-34

What do you desire most in life? What are you anxious to attain even today? Is your desire for righteousness? Be honest with God about your desires and ask Him to give you a heart that longs for Him and His righteousness.

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

Additional Verse(s): Micah 6:8, Psalm 86:14-15, Ephesians 2:4-5

Take a few minutes to show your gratitude to the Lord for a specific time that you were shown mercy. Now be honest as you evaluate how well you demonstrate mercy to others. Are you stingy with mercy? Do you love justice more than mercy? Spend few minutes asking Him for the strength to demonstrate that same mercy to others.

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

Additional Verse(s): Psalm 24:1-6, Psalm 51:10-13, 2 Timothy 2:22, Hebrews 10:19-25

A pure heart seems impossible to attain in this fallen world. But God honors a pure heart, so let's pursue it. Where is your heart? Is there any smelly garbage that needs to be dumped out? Take some time to do some spiritual spring cleaning in your heart.

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

Additional Verse(s): Philippians 4:6-7

Does peace reign in your heart? Do you seek peace with others? Peace is not the absence of conflict, but rather pursuing reconciliation God's way. What are you anxious about today? Lay these anxieties down at the feet of Jesus and let Him cover you with His peace.

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

Are you persecuted by men? Why are you persecuted? Talk to God about your persecution. Praise Him for the righteous persecution that comes from a life that is pleasing to Him. Pray for strength to endure righteous persecution. And pray for those who persecute you that they one day might know the peace that comes from a life that has been surrendered to the Lord. Take comfort in verses 11-12 — 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.