



Pastor Kris Beckert
August 14, 2016

Avoiding Happiness
Matthew 5:1-5

What does not make you happy?

Matthew 5:1-3 *Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. 2 And he opened his mouth and taught them, saying: 3 "[Happy] are the poor in spirit, for theirs is the kingdom of heaven..."*

We choose to avoid:

I. _____ **weak and helpless**

Who is happy? Why are they happy?

Matthew 5:4 "...[Happy] are **those who mourn**, for they will be **comforted**..."

II. _____ **weak and helpless**

Who is happy? Why are they happy?

Matthew 5:5 "...[Happy] are the **meek**, for they will **inherit the earth**..."

Point:

Lord, I am mourning _____

I feel weak _____

Meet me here, Lord.

Doggy Bag: Something to take home and chew on!



1. How do you tend to handle grief? Why?
2. What mourning in your life have you been avoiding because it makes you feel weak or helpless?
3. How might God want to use your experience of grief to comfort someone else?
4. What actions do you take in attempting to avoid looking weak? How would being meek affect how you see difficulties? Approach someone who's wronged you? Handle anxiety about the future?
5. What is one thing you can do this week to allow God to cultivate true happiness in a feeling/situation/circumstance you've been avoiding?

If you'd like to talk personally and confidentially w/ Pastor Kris about your relationship with Christ, please email krisbeckert@thevineva.org to set up an appointment.