



Note to Self Week 1 – It's Beyond Me
Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

One day as he saw the crowds gathering, Jesus went up on the mountainside and sat down. His disciples gathered around him, and he began to teach them.

"God blesses those who are poor and realize their need for him,
for the Kingdom of Heaven is theirs."

Matthew 5:1-3

There is NO CONDEMNATION for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

Romans 8:1

The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

Proverbs 10:9

"You say, 'I am rich. I have everything I want. I don't need a thing!' And you don't realize that you are wretched and miserable and poor and blind and naked."

Revelation 3:17

"He is the God who made the world and everything in it. Since he is Lord of heaven and earth, he doesn't live in man-made temples, and human hands can't serve his needs—for he has no needs. He himself gives life and breath to everything, and he satisfies every need. From one man he created all the nations throughout the whole earth. He decided beforehand when they should rise and fall, and he determined their boundaries. His purpose was for the nations to seek after God and perhaps feel their way toward him and find him—though he is not far from any one of us. For in him we live and move and exist."

Acts 17:22-28

Reflection Questions:

- What's one blessing from God that you are grateful for this week?
- Are you familiar with the term, The Beattitudes, from Jesus' Sermon on the Mount? What comes to mind when someone mentions being blessed?
- Eddie mentioned that this teaching is from the beginning of Jesus' teaching ministry – that it sets the tone for the rest of his teachings. How does that inform how you read this scripture?
- Read Matthew 5:1-3.
- What do you think Jesus means when he says, “blessed are the poor in spirit?” Why?
- Read Romans 8:1 and Proverbs 10:9. What does “poor in spirit” NOT mean?
- What is the difference between how we tend to use the word, “blessed” to mean favored vs. how Jesus uses it in this teaching?
- Read Revelation 3:17. Eddie shared several warning signs to show us that our internal temperature needs to be checked:
 - when we are quick to judge others
 - when we lose sight of our dependence on GodWhich one challenges you today? Why?
- Read Acts 17:22-28. What do you notice?
- Eddie challenged us to remember, “your job is not to lead your own life – God's job is to lead your life!” What's one area of your life where you need to apply this?
- Prayer idea:
 - If you want to spend a few minutes helping yourself developing a “**poor in spirit**” posture, find a quiet place, then make a list of the spiritual benefits that you could never provide for yourself. Then, talk to God honestly and gratefully about them.
 - How do we avoid being overwhelmed or frozen by all the options? The answer is that we depend on God. We step forward in faith. We release the anxiety that comes with believing we have to figure out all these things for ourselves – and ***we embrace the peace that comes with trusting that we are led by God.*** Take a moment to sit in a posture of surrender to God in prayer. Use the worship song from Sunday, “Available” by Elevation Worship.

Looking for some ways to grow and be stretched spiritually? Check out our highlighted resources at www.wschurch.org/resources. These resources can be purchased using the links or are available for a small donation at the Next Steps area on Sunday mornings.