



Note to Self Week 5 – No Masks Allowed  
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](mailto: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.

God blesses those who mourn,  
for they will be comforted.

God blesses those who are humble,  
for they will inherit the whole earth.

God blesses those who hunger and thirst for justice,  
for they will be satisfied.

God blesses those who are merciful,  
for they will be shown mercy.

God blesses those whose hearts are pure,  
for they will see God.”

Matthew 5:1-8

Guard your heart above all else, for it determines the course of your life.

Proverbs 4:23

“These people honor me with their lips, but their HEARTS are far from me.”

Mark 7:6

“The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.”

1 Samuel 16:7

“I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.”  
Ezekiel 36:26-27

### Reflection Questions:

- What’s one unexpected way you’ve sensed God blessing you this week?
- Read Matthew 5:1-8. What has started to become clear as we’ve been walking through Jesus’ teaching on blessings?
- Where are you most tempted to wear a mask – to pretend to be someone you’re not? What do you think that’s about?
- Read Proverbs 4:23, Mark 7:6, and 1 Samuel 16:7. What do you notice about these verses?
- Eddie shared, “your heart is who you are in your most authentic state.” God can see past our actions and our words to our heart – to who we really are. How does that make you feel?
- Take a moment to be quiet with God. Ask him to show you the state of your heart. Write down a few things that you notice in the quiet. If you’re willing, share one word that reflects how your heart is today.
- Eddie also shared, “Jesus wants to transform your behavior by transplanting his heart in you.” Read Ezekiel 36:26-27. What’s your reaction to this idea?
- Jesus says, “Blessed are the pure in heart, for they will see God.” Eddie shared this quote, “purity of heart is to want one thing.” Does it help you to understand that pure can mean undivided and uncontaminated?
- As you work through this teaching, do you sense God showing you something that might be taking up room in your heart that should only belong to God? Can you share that with someone?
- Take some time to pray – ask God to work in your heart, in the most authentic part of you.

Looking for some ways to grow and be stretched spiritually? Check out our highlighted resources at [www.wschurch.org/resources](http://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.