

Session 2 | January 13, 2026

**Once Upon a Mountaintop:
The Blessedness of Living as Kingdom Citizens**

WOMEN'S BIBLE STUDY with PATTY STUMP

The following pages contain information provided
by our speaker for your study and enrichment.

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Week 2: Session Guide

Each declaration of blessedness pronounced by Jesus in the Sermon on the Mount is in the present tense, declaring a blessedness/happiness to be enjoyed and delighted in the “now”, as well as “then” for eternity.

Makarios (Greek): “blessed” – a proclamation for the recipient of divine favor and grace.

The divine proclamations of the Beatitudes give us a picture of two things: **Jesus** and a **true disciple/follower of Jesus**.

In Matthew 5:3, Jesus proclaims the first beatitude to the listeners: “*Blessed are the poor in spirit, for theirs is the kingdom of heaven*” (NIV).

Ptochos (Greek): “poor” – to crouch, cringe, cower down or hide oneself, like a beggar.

The first beatitude is FOUNDATIONAL for all subsequent beatitudes. Jesus offers the “Poor in Spirit” **deliverance** and **eternal hope**. This is the first “point of contact” between an individual and God.

Mercy: God’s mercy is not giving sinners what they do deserve; mercy embodies kindness and compassion.

Grace: God’s grace is giving sinners what they don’t deserve; undeserved and unending favor, and forgiveness.

Mercy and **Grace** are both manifestations of God’s love, compassion, and character.

Jehovah Tsidkenu (One of the names of God): “**The Lord is our Righteousness.**”

Romans 3:10 — “*There is no one righteous, not even one*” (NIV).

Romans 3:23 — “*All have sinned and fall short of the glory of God*” (NIV).

Isaiah 64:6 — “*All our righteous acts are like filthy rags*” (NIV).

Acts 4:12 — “*There is no other name under heaven given to mankind by which we must be saved*” (NIV).

Jesus Christ is our only source of hope and righteousness.

The second beatitude, Matthew 5:4, states: “*Blessed are those who mourn, for they will be comforted*” (NIV).

“*Godly sorrow brings repentance that leads to salvation and leaves no regret.*” – 2 Corinthians 7:10, NIV

Key Takeaways: _____

“*Blessed is the one whose sin the Lord will never count against them.*” – Romans 4:8, NIV

Week 2: Growth Opportunity

Day 1: This week we will begin to dive into Jesus' Sermon on the Mount as declared in the first two Beatitudes. But before we look at these, quietly consider two questions:

Have you ever questioned God's love for you? _____.

Have you ever felt like you're invisible or insignificant to God? _____.

If you answered "yes" to either or both of these, consider the truths contained in 2 Corinthians 8:9 — "*For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you through his poverty might become rich*" (NIV). Have you ever considered how Jesus' sacrifice indicates His **profound love** for you?

Facts: In His divine nature dwells all the fullness of the Triune Godhead (**Colossians 2:9**). We cannot conceive the infinite riches the eternal Son of God had as He dwelt in majesty before the cross. All things were made by Him and for Him (**Colossians 1:16**). Yet, He laid aside His heavenly status out of His love and grace toward us and He stripped Himself of everything, becoming poor (or without), with not even a place to rest His head, despite the reality of His holiness.

Write **Revelation 4:11** _____

Now consider **Romans 5:1-2** — "*Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand*" (NIV.)

Being "justified" declares us righteous in God's eyes through His forgiveness of our sins as we accept Jesus Christ in faith. How does God see you? _____

Have you embraced this declared reality as Truth for you? If not, tend to the places where lies and deception have taken root in your heart soil; declare Truth to yourself based on what God has said. Look at **Romans 8:1** and **Galatians 5:1**; what are some takeaways?

God's grace is giving sinners what they do not deserve. Based on these passages, what characterizes God's grace? _____

Do you see His love for you? He considers you to be worth His sacrifice and suffering; what love! Conclude today with a bit of "heart work": time in prayer pondering God's unfathomable love and grace for you and how it has impacted your life. You might even write out things of which you are the blessed recipient:

Conclude your time in prayer with gratitude, praise, and honor of God and of your Redeemer, Jesus Christ.

Day 2: In **Matthew 5:3**, Jesus introduces the first Beatitude to the multitudes: “Blessed are the

_____.”

“Blessed” describes a believer in an “enviable position” from receiving God's provisions, or “favor.” All of us are “poor in spirit,” totally destitute, likened to a beggar. Yet, for those who receive Him they are promised an incredible blessing: _____.

What makes this first Beatitude “foundational” for all subsequent Beatitudes?

What stirs within you as you consider having been “poor,” or destitute without Jesus?

Characteristically, humanity does not like being “needy.” We prefer to be _____.

How do our human inclinations impact our relationship with God?

Based on the reality that we are all “poor in spirit,” destitute apart from Him, what do you feel as you come into His presence, enveloped by GRACE and FORGIVENESS, LOVED with an unconditional love? If you feel encumbered, what do you need to “lay down” (give to God) in order to get out from under unnecessary shame or condemnation?

How do you feel knowing that while you cannot measure up before God in your own merits or your spiritual integrity, through Christ you are **TOTALLY ACCEPTED**, loved, and declared blessed?

If you have invited Jesus to be your personal Savior, indeed, you are **blessed** and a fellow heir with Him in receiving the kingdom of heaven. WOW! This reality should have a profound impact on how we perceive our lives, and the reality of being declared by God as “blessed.”

In **Romans 8:17**, Paul says, “*Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory*” (NIV).

Furthermore, **Hebrews 1:2** says that the Son has been “appointed heir of all things.” Sit with these Truths; from being “poor in Spirit,” likened to a beggar, to being declared a joint-heir with Christ!

Personal Reflections: _____

Day 3: The second Beatitude, **Matthew 5:4**, states: “*Blessed are those who mourn, for they will be comforted*” (NIV). When you think about “mourning” what comes to your mind?

Your thoughts/heart may be drawn towards loss you have experienced; grief, deep disappointments, agony. Indeed, Jesus understands your heart and hurts. **Isaiah 53:3** says: “*He was despised and rejected by mankind, a man of suffering, and familiar with pain*” (NIV).

What does He declare in **Psalm 147:3**?

Write out **1 Peter 2:24**.

How are we healed by Jesus’ wounds?

"Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up." – James 4:8-10, NIV

The second Beatitude refers to a mourning that occurs within us due to sin, and the resulting separation from God. **Isaiah 59:2** states: *"But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear."*

This is a big deal! We live in a fallen world, a world that is desensitized to sin. If we are not intentional in cultivating a heart in which Jesus is Lord, our hearts can become calloused and “casual” with how we handle sin. This is important; take time today to sit with God and invite the Holy Spirit to convict you of anything that is sin in your life, and thus separating you from God. Remember, conviction is different than condemnation (Romans 8:1). God convicts us so that we can “get right” with Him in a restored, fruitful, loving relationship.

2 Corinthians 7:10 — *“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death”* (NIV). Remember the heart of Jesus’ first message: Repent. That is where those who mourn are blessed and receive His healing as they turn from sin to God.

Consider the second Beatitude, “Blessed are those who mourn.” Why? _____

What are ways that God comforts us? See:

1 John 1:9 _____

Romans 5:1-2 _____

Psalm 34:18 _____

Revelation 21:4 _____

We are blessed indeed as we turn to God in our mourning, comforted by Him as He covers our sin and shame with His righteous, redemptive, restorative love, and with His mercy, grace, and forgiveness.

Close today by reading Isaiah 49:13 and 51:12 (noted below in the NIV translation). Consider writing a prayer in response to Him as He declares that you are blessed as you mourn your sin and that you will be comforted by Him.

Isaiah 49:13: *“Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the LORD comforts his people and will have compassion on his afflicted ones.”*

Isaiah 51:12: *“I, even I, am he who comforts you.”* How incredible this Truth is!

Day 4: Today we are going to briefly revisit “mourning.” All too often, in our humanity, we take on what God does not; condemning ourselves due to sin in our lives. I have certainly heard believers state: “I simply cannot forgive myself for _____.”

Sisters, this is unbiblical. This self-declaration is rooted in pride—that’s right: PRIDE. Pride is thinking either too highly of, or too little of, yourself. So, in this realm of thinking, the heart is consumed with “you,” not the reality of God’s love for you and His provision.

Our sin separates us from God, but **Lamentations 3:22-23** states: _____

And **Romans 5:8**? _____

Now revisit **Romans 12:2** _____

And **Romans 8:1** _____

Today is the day for you to **take God at His Word!** Revisit **1 John 1:9** from Day 3; what does it promise?

“Come now, let us settle the matter,” says the LORD. ‘Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.” – Isaiah 1:18, NIV

We must “get over ourselves” and our judgement calls and align ourselves with His Truth. We are forgiven, cleansed, and covered with His righteousness as we confess our sins and repent. We are blessed indeed!

If you have had someone sin against you in a way that has held deep pain—pain you feel you “can’t get over”—draw near to God. Ask Him to bring healing to your heart and mind, and to help you forgive the offender.

Sometimes tough stuff; I know. But through His power, and the grace extended to us, He desires to clean out those wounds, free us from unforgiveness, and restore our hearts to Him in unbroken fellowship.

“He heals the brokenhearted and binds up their wounds.” – Psalm 147:3, NIV

Day 5: Today will be another “heart work” day. Reflect upon the realities of these first two Beatitudes that Jesus desires to be our attitudes: attitudes that reflect being undeniably blessed.

We’ve looked at **Romans 12:2** previously, which states we are “transformed” by the adjusting of our thoughts, or “renewing” of our minds. To “renew,” or “make new,” our thoughts involves discipline and intentionality,

determining what needs to be adjusted, eliminated, or concentrated upon, as we saw in Day 5 of our Growth Opportunities for Week 1.

As you've considered these first two Beatitudes, is there "trash" you need to take out: lies, unconfessed and/or unrepented sin, roots of anger or bitterness that are choking out God's Word, or places you may have become "stuck" spiritually? If so, these matters will overshadow the greater reality that you, my sister, are indeed BLESSED!

As you consider our theme verse **Proverbs 4:23**—"watch over your heart"—what needs to be tended to with God through prayer, confession, repentance, and heart/thought adjustment so that His "wellsprings of life" may flow abundantly in you?

Conclude this week with time reading and reflecting on **Isaiah 61**; this is the heart of our God!

And what does He declare for you? _____

Sweet sister, I hope you are experiencing the incredible reality of being blessed. Indeed, God loves you so very much, as He says in **Jeremiah 31:3** — "*I have loved you with an everlasting love*" (NIV).

"Blessed are those whose strength is in you, whose hearts are set on pilgrimage." – Psalm 84:5, NIV