

Session 4 | January 27, 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 4: Session Guide

This week we'll be looking at the fifth and sixth Beatitudes.

Fifth Beatitude: *"Blessed are the merciful, for they will be shown mercy."* – Matthew 5:7, NIV

While this Beatitude addresses those who are to show mercy, it also speaks to those who have already received mercy.

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." – Romans 5:8, NIV

Mercy is: **withholding what someone does deserve, and extending kindness and forgiveness especially when a person doesn't deserve it.**

Grace is: **undeserved favor; the undeserved forgiveness, mercy, and kindness God gives.**

God has made believers the object of His divine mercy (Romans 9:23), and the ultimate expression of mercy is: **forgiveness of our sin and allowing us to be reconciled to Him, as well as withholding what we do deserve: eternal separation from Him.**

Barriers to mercy: **an unrepentant heart and/or ongoing sin; unforgiveness; self-righteousness; pride.**

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience." – Colossians 3:12, NIV

Sixth Beatitude: *"Blessed are the pure in heart, for they will see God."* – Matthew 5:8, NIV

Psalm 86:11 – David's plea (noted below): **"Give me an undivided heart."**

Contributors to an undivided heart: **confession and repentance, obedience to God and being yielded to His will, and time in His Word. The preceding Beatitudes being present in one's life – humility and meekness.**

Hindrances to having an undivided heart: **Kingdom of self/self on the throne; yielding to the lusts of the eye and of the flesh; the pride of life; being unrepentant and having unconfessed sin; unforgiveness.**

What is the promise for the one who is pure in heart? **"They will see God."**

Key Takeaways:

"Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. I will praise you, Lord my God, with all my heart; I will glorify your name forever."

– Psalm 86:11-12, NIV

Week 4: Growth Opportunity

Day 1: Before you begin this Growth Opportunity, take time in prayer, remembering our theme verse, **Proverbs 4:23** – *“Above all else, guard your heart, for everything you do flows from it”* (NIV).

In our session together we noted that mercy is “the act of withholding deserved punishment,” while grace is “the act of endowing unmerited favor.” Mercy is a grace that flows out of the first four Beatitudes. Take time to note them here.

Blessed are the:

1. _____
2. _____
3. _____
4. _____

If you have invited Jesus to be your Savior and Lord, you have already received **a profound mercy**: you have been forgiven and made righteous in His sight. He has *totally* blotted out the sin that separated you from Him and made you a new creation; the old has passed away (**2 Corinthians 5:17**)! Before we can extend mercy, we must embrace the reality of the mercy given to us by God through Christ, one that is personal, powerful, and profound. Sit with this reality for a few moments before moving on to the remainder of today’s Growth Opportunity.

If you’ve sat with Him in prayer, and reflected upon our theme passage, you are ready to sit in His presence with the following: an aspect of mercy is forgiveness. Invite the Holy Spirit to reveal to you any lack of forgiveness you are harboring in your heart.

In cleaning out hard places in our heart, God calls us to forgive others just as He forgave us. In following Him closely, He calls us to walk in His ways. I realize in some instances it can be difficult to forgive when you have been wronged or violated. But God calls us to forgive, even these individuals, so set us free!

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” – Colossians 3:13, NIV

Forgiveness involves “wiping the slate clean.” With each offense and offender, God asks you to forgive, confessing to Him your unforgiveness, repenting, and turning “from” in order to turn “to” Him. Now, with this audience of One, pray **Psalms 32:8** regarding “next steps”:

He *may* have a “next step” for you in reaching out to the individual you have chosen to forgive. In other cases, that may not be possible or may not be His instruction. He will guide you as you turn your heart towards Him.

“Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?’” – Matthew 18:21, NIV

Day 2: I hope you have experienced a sense of peace from your courageous steps of faith on Day 1. Giving up our “rights,” when we feel wronged is not easy. What does **Isaiah 53:3** state?

Micah 7:18 states, “Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy” (NIV). Considering your step(s) on Day 1, what might it look like for you to extend “mercy” to someone you have chosen to forgive?

Our mercy to others comes forth from the mercy we have received from God.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:32, NIV

What is the promise found in this fifth Beatitude: _____

What has this looked like in your life as you have been the recipient of God’s mercy?

Lastly, what are your thoughts on Jesus' words found in **Matthew 9:13** – “*But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners*” (NIV)?

In concluding today's Growth Opportunity, read **Psalm 103:2-6** and note your takeaways:

Day 3: The sixth Beatitude states: “*Blessed are the pure in heart, for they shall see God*” (Matthew 5:8, NIV). As previously addressed, none of us are righteous, and **Jeremiah 17:9** states, “*The heart is deceitful above all things*” (NIV).

According to **Philippians 3:9**, how can we have “a right standing before a Holy God?”

Paul states that nothing compares to knowing Christ; all else is set aside. This is the reality of one who is “pure in heart,” reconciled to God through Christ and undivided in heart.

Consider the following verses; note things that impact having an undivided heart:

Isaiah 26:3 _____

Hebrews 12:1-2 _____

Proverbs 3:5-6 _____

Romans 12:1-2 _____

Colossians 3:8 _____

Galatians 2:20 _____

“Pure in heart” refers to one’s sincerity and devotion to Christ and commitment to God. The “inward” is revealed through the “outward” conduct of an individual—their attitudes and actions. What does **Matthew 15:18-19** state regarding the heart?

“The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.” – 1 Samuel 16:7, NIV

God desires to get our attention regarding the condition and care of our hearts. This is a place for prayerful pause, not to be rushed through. Is God bringing to your attention *anything* that hinders you from having an undivided, pure heart towards Him? You may want to glance over the verses noted at the beginning of today’s Growth Opportunity.

We are to embrace Jesus’ initial message: repent. Let’s keep cleaning out what’s in our hearts so that we are vessels that can undeniably point others to God and bring Him glory.

Close today with prayerful reflection on **Psalms 86:11**, David’s prayer for a devoted, undivided heart for God: *“Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name”* (NIV).

Day 4: We concluded Day 3 with David’s desire in Psalm 86:11. Take another look at it. What are the things David desires? Today we’ll break these down a bit with a closer look.

What are things God is revealing to you about His way as you are walking with Him through Matthew 5?

About His faithfulness? _____

About your heart, and His heart for you? _____

About His desire for you to fear, or revere, His name as the realities of the Beatitudes take root in your thoughts, heart, and life? _____

End your time today savoring this truth from **Ezekiel 11:19** – *“I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh”* (NIV).

Day 5: Today is a praise day! Look back at the Beatitudes we have explored thus far. With each one, may praise inhabit your heart and fill your mouth as you draw near to the One who redeemed your life from the pit! He is indeed merciful, compassionate, forgiving, loving; a very good God indeed!

“(Of David.) Praise the LORD, my soul; all my inmost being, praise his holy name. Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.” – Psalm 103:1-5, NIV