

Session 7 | February 17, 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.

**BILLY
GRAHAM**
Training Center at The Cove

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Week 7: Session Guide

“Above all else, guard your heart, for everything you do flows from it.” – Proverbs 4:23, NIV

A brief look at where we've been during our seven weeks – Personal Notes & Key Points:

Four key points from Matthew 6 and 7 as Jesus concludes His Sermon on the Mount:

1. _____ : _____

2. _____ : _____

3. _____ : _____

4. _____ : _____

Conclusion: A Call to Decisiveness

Luke 9:23 – “Then he said to them all: ‘Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me’” (NIV).

DAILY: A commitment to walk intentionally with Jesus; seeking to resist the “Kingdom of Self” and pursuing God’s will above all else (**Matthew 6:33**, NIV – “But seek first his kingdom and his righteousness...”). Walking with Jesus in “dailiness” is very significant; it is here we die to self (**Galatians 2:20**) so that God’s transformative power and process in our lives will be at work both in us and through us for Kingdom purposes (**Philippians 1:6**).

John 1:38, NIV – “Turning around, Jesus saw them following and asked, ‘What do you want?’”

(Or: “What are you seeking?”) How would you now respond to Jesus?

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

Week 7: Growth Opportunity

As we wrap up our seven weeks together upon the mountaintop, sitting at the feet of Jesus, I hope God has whispered truths to your heart that you'll take with you into your spiritual journey as a Kingdom Citizen on earth. This week we'll touch upon key components from each of the previous six weeks.

Day 1: Psalm 84:5 states: *“Blessed are those whose strength is in you, whose hearts are set on pilgrimage”* (NIV). What is the difference between being a spiritual “tourist” and being a believing “pilgrim”?

Which most closely reflects you spiritually: a tourist or a pilgrim? _____

If you said “tourist,” is there any adjustment you’d like to make regarding simply taking in spiritual “highlight” verses on an intentional pilgrimage/journey towards God? _____

Our theme verse has been **Proverbs 4:23**. Take a moment to write it out here: _____

What are the first three words? _____

Why is it important to be vigilant regarding tending to our spiritual heart (thoughts and emotions)?

Are there “cracks” in your spiritual “armor” that have allowed something to get in that you need to be

intentional to deal with? _____

If so, I strongly encourage you to seek out a godly friend, pastor, or Christian counselor to tend to anything that can compromise your spiritual walk or take up destructive roots in your heart. Everything flows forth from our heart, the “wellspring,” and molds and motivates our thoughts, emotions, and decisions.

Lastly for today, what were the three components we addressed in our first session from Matthew 4 that significantly impact our spiritual vitality and relationship with Christ? (You may want to refer to Week One’s Session Guide.)

1. _____

2. _____

3. _____

These three are essential in cultivating a strong personal relationship with Christ! Remember, the Ten Commandments were intended to impact the hearts of God’s people, but could be followed without any heart change. Jesus was seeking to impress upon His followers that it’s all about your heart, and yielding it to Him fully.

Day 2: The Sermon on the Mount is found in what passages of Scripture? _____

This first portion of the Sermon is known as _____; Matthew: _____

I’m sure by now you’re aware that *beatitude* means: _____.

In the Greek New Testament, the word for “blessed” is “*makarios*,” which means “blessed, fortunate, or happy.” However, the definition I hoped to impress upon your hearts comes from Strong’s *Greek Concordance*

and rendered “*makarios*” as meaning: _____.

Do you remember what the Hebrew rendering of “*ashrey*” (blessed) means? _____

Indeed, the privileged recipients of God’s favor are supremely blessed and receive “an enlarged life.” How blessed by God’s gifts of grace are those who follow Christ!

The Beatitudes were indeed countercultural. What does this mean given the context of the culture in which they were given?

What is the point of Jesus delivering a message that is so countercultural? What is He seeking to make clear from the very start regarding those who follow Him?

Remember, to “follow” Him means commitment and adherence to his lifestyle. This reality will set a true follower apart; they will be distinctively different. What, if anything, do you find challenging regarding following Christ?

Take a moment to look at **2 Peter 1:3** noted here: “*His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness*” (NIV).

In **Philippians 1:6**, who began the good work within you: _____, and who is noted as being faithful to bring it to completion? _____

What is the role and responsibility of the one who has chosen to follow Him?

In **John 1:38**, Jesus asked his initial followers, Andrew and one unnamed, a significant question; what was it?

As you wrap up your time today, I encourage you to sit with this same question, seeking to be still in God’s presence (**Psalm 46:10**), inviting Him to reveal to you your heart. You may want **Psalm 51:10** to be your closing prayer: “*Create in me a pure heart, O God, and renew a steadfast spirit within me*” (NIV). In our spiritual pilgrimage, with God as our destination, a steadfast spirit is essential!

Day 3: We talked about in our weeks together that the Beatitudes give us a picture of two things:

_____ and _____.

From the first two Beatitudes, what do we learn about a true follower? **First**, blessed are the “*ptochos*”:

_____ How are they blessed? _____

This is both “now” and “then.” How is it “now”? _____

In the **second Beatitude**, what does it mean to “mourn”? _____

How are those who mourn over their sin blessed? _____

What does **1 John 1:9** promise? _____

To be forgiven flows out of God’s grace; not our worthiness to be forgiven. **Grace** is the undeserved favor, forgiveness, and kindness of God, while **mercy** is “not receiving what one deserves.” How blessed are those who follow Christ!

The **third Beatitude** states: _____

What does it mean to be “meek”? _____

Under whose control? _____

As the meek reflect the nature of Christ, it is apparent that they are distinctively different. They are promised to be full recipients and co-heirs of the redeemed earth.

In wrapping up today, consider the **fourth Beatitude**: _____

What have you gleaned in your studies regarding what this “hunger and thirst” look like?

What is it they hunger and thirst for? _____; and what is the promised

blessing? _____ How? _____

2 Corinthians 5:21 states:

According to **1 Corinthians 1:30**, who is Christ?

This is a great place to stop and pause in prayer with thanksgiving to our Holy God, who made a way for those who turn to Him to be found “righteous” in His sight! Wow!

Day 4: The **fifth Beatitude** states, “*Blessed are the merciful, for they will be shown mercy*” (Matthew 5:7, NIV).

What impacts the mercy a follower of Christ extends to others?

What does it look like to receive God’s mercy? (Mercy: not getting what we deserve.)

Where would you be without Christ? _____

As you consider extending mercy to others, has God put someone on your heart that He wants to reach through you? _____

If so, what are a couple of steps you will take this week in response to the Holy Spirit stirring your heart in this direction? _____

2 Corinthians 5:7 _____

Step out “Babe”!

The **sixth Beatitude** states that “Blessed are the _____ for _____.”

Knowing that we are all fallen, what does it mean to be pure in heart?

As we talked about the “Deadly D’s,” what is the first D? _____

This is an easy inroad into our spiritual lives. Satan does not want us to have an undivided focus and pursuit of Christ; he wants us to be spiritually compromised, distracted, discontent, and to doubt God. The pure in heart pursue Him with a fixed focus (see **Hebrews 12:1-2**).

What are things that help you to be focused on God?

How do the “pure in heart” see God?

Some people call such moments “Godwinks,” or “divine encounters.” As we draw near to God (**James 4:7-8**), He delights in letting us “see” Him moving in our midst as prayers are answered, paths are crossed, and details become clear. Isn’t God sweet to us to give us glimpses of Him moving in our midst? He is faithful and loves us so very much.

Jeremiah 31:3 _____ !

“Peace on earth” is only possible through: _____ (**Isaiah 9:6**).

What part does God entrust to His followers in being peacemakers?

This certainly necessitates setting “self” aside, and **Matthew 6:33** says, _____.

Remember once again our theme verse, “Watch over your heart.” For one God calls to be a peacemaker, reflecting His character, what can be a vulnerable place of distraction?

You are to reflect the image of Christ, the Prince of Peace, as well as your Father who is in Heaven. God’s character is one of peace and reconciliation. As His children, He desires to work both in and through us for Kingdom purposes. Remember, you may be the only “Gospel” someone encounters; bring His Good News to those He appoints your life to encounter. Remember whose daughter you are spiritually! What a mighty God we serve!

Lamentations 3:21-23 – “*Yet this I call to mind and therefore I have hope: Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness*” (NIV).

As a follower of Christ, you have been eternally “adopted” into the family of God! Wow! You are His daughter, now and forever!

This brings us to our **eighth beatitude**: “Blessed are those who are _____

_____.” What does it mean “because of righteousness”?

Are there ways you feel you have experienced being “persecuted” due to being a follower of Christ?

If so, how does the “flesh” want to respond?

What does **Galatians 2:20** state?

In light of this passage, when persecuted, what do we need to remember and rely upon?

Ultimately, our lives are not our own. Our lives are to be a living testimony to the reality of Christ and what a redeemed life looks like. In this fallen world, God wants to work through you to reveal to others His love, hope, and His passionate pursuit to bless those who walk uprightly and intimately with Christ.

The enlarged, supremely blessed life of believers should be something others see and in turn, may hunger for. We are His messengers; **“Salt and Light.”** In what ways is God seeking to work through you to be “salt”?

How's it going? _____

Are there challenges you've encountered? _____

What could strengthen your “saltiness” as you continue to yield your life to Him?

(If you need someone to pray for you, consider reaching out to someone who was in your small group or sending a prayer request to the Prayer Team at The Cove.)

In being “light,” are there any hindrances in your life that is diminishing or thwarting His light from going forth from you (e.g. compromise, unforgiveness, unbelief, being unyoked with Christ)?

As you are watching over your heart, how do you desire to cultivate a stronger walk for Him that may “light the way” for others? _____

May you live a life that is “on mission” with Christ, just as the disciples were called to follow Him closely. And as you walk out a walk of faith for an audience of One (God), may you know His love and delight in the incredible ways that your God, through Christ, desires to give you an enlarged life. To Him be glory!

In closing, may the following passage from Ephesians declare my heart for each of you:

Ephesians 3:14-21 (NIV) – *“For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”*

Stay the course, Bible Study Babes! Watch over your heart, embrace the authority of God’s Word in your life, keep short accounts of sin (confess and repent), and follow Him closely. I look forward to future times to walk alongside one another, encourage one another, worship with one another, pray for one another, and rejoice together!

May our lives point others to God and bring Him glory!

Patty Stump