

The Beatitudes

Eight days in Jesus' surprising portrait of a blessed life (Matthew 5).

8 days · about 8 minutes a day · for the whole family

How to use this

Pick a time you already gather — dinner, or just before bed — and keep it there. The whole thing takes about ten minutes.

1. Read the passage together. On a busy night, just read the memory verse — that counts.
2. Read the short devotion out loud.
3. Talk through the questions. Let everyone answer in their own words; there are no wrong answers.
4. Say the memory verse together, and try to remember it tomorrow.

DAY 1 Poor in Spirit Matthew 5:3; Isaiah 66:2

Jesus starts with a surprise: “Blessed are the poor in spirit.” To be poor in spirit means to know we are spiritually needy — that we can't save or fix ourselves, and we need God. The proud think they have it all together; the poor in spirit come to God with open hands. And to them Jesus promises the kingdom of heaven.

TALK ABOUT IT

1. What does it mean to be “poor in spirit”?
2. Why is admitting we need God the first step, not a weakness?
3. How is this different from how the world says to be “successful”?

MEMORY VERSE · MATTHEW 5:3

“Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.”

DAY 2 Those Who Mourn Matthew 5:4; Psalm 34:18

“Blessed are those who mourn, for they will be comforted.” This sounds backward — how can sadness be blessed? Jesus means more than ordinary grief; He means those who are honestly grieved over the brokenness and sin in the world and in themselves. God doesn't ignore that sorrow — He is close to the brokenhearted, and He promises real comfort.

TALK ABOUT IT

1. How can God be near to us when we're sad?
2. What kinds of things should make us sad if we see them the way God does?
3. When you're hurting, how can you bring it to God instead of hiding it?

MEMORY VERSE · PSALM 34:18

“Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit.”

DAY 3 The Meek Matthew 5:5; Psalm 37:11

“Blessed are the meek” (or the gentle). Meekness isn't weakness — it's strength under control, like a powerful horse that's gentle with its rider. The meek don't have to grab, shove, or demand their own way, because they trust God to take care of them. The world says the pushy get ahead; Jesus says the meek will inherit the earth.

TALK ABOUT IT

1. What's the difference between being meek and being weak?
2. Why can we let go of always getting our way when we trust God?
3. Who is someone strong but gentle that you admire?

MEMORY VERSE · MATTHEW 5:5

“Blessed are the gentle, for they shall inherit the earth.”

DAY 4 Hunger for Righteousness Matthew 5:6; Psalm 42:1-2

“Blessed are those who hunger and thirst for righteousness, for they will be filled.” We get hungry and thirsty for food and water — Jesus says the blessed life is hungry for what is right, longing to know God and live His way. Like a deer panting for streams of water, our souls were made to long for God — and He promises to satisfy that hunger.

TALK ABOUT IT

1. What do you find yourself “hungry” for most?
2. What would it look like to be hungry for what is right?
3. How does God fill us when we come to Him hungry?

MEMORY VERSE · MATTHEW 5:6

“Blessed are those who hunger and thirst after righteousness, for they shall be filled.”

DAY 5 The Merciful Matthew 5:7; Micah 6:8

“Blessed are the merciful, for they will be shown mercy.” Mercy is kindness to people who are hurting and forgiveness to people who've wronged us. Why be merciful? Because we've received so much mercy ourselves. Micah says God asks us to act justly, to love mercy, and to walk humbly with Him. Merciful people look like their Father in heaven.

TALK ABOUT IT

1. What's an example of showing mercy?
2. Why should the mercy we've received from God make us merciful to others?
3. Who needs your mercy this week — kindness, or forgiveness?

MEMORY VERSE · MICAH 6:8

“He has shown you, O man, what is good. What does Yahweh require of you, but to act justly, to love mercy, and to walk humbly with your God?”

DAY 6 Pure in Heart Matthew 5:8; Psalm 24:3-4

“Blessed are the pure in heart, for they will see God.” Pure means clean and undivided — a heart that truly wants God, not one that just pretends on the outside. We can't make our own hearts pure, but God can: He washes us clean through Jesus and gives us new hearts. And the promise is wonderful — the pure in heart will see God.

TALK ABOUT IT

1. What's the difference between looking good on the outside and being pure on the inside?
2. Since we can't clean our own hearts, who can?
3. What might it mean to “see God” — now, and one day?

MEMORY VERSE · MATTHEW 5:8

“Blessed are the pure in heart, for they shall see God.”

DAY 7 Peacemakers Matthew 5:9; Romans 12:18

“Blessed are the peacemakers, for they will be called children of God.” Notice it's peace-makers, not just peace-keepers who avoid conflict. The greatest Peacemaker is Jesus, who made peace between us and God at the cross. When we make peace — forgiving, reconciling, calming things down — we look like Him. Paul says, “as far as it depends on you, live at peace with everyone.”

TALK ABOUT IT

1. What's the difference between keeping peace and making peace?
2. How did Jesus make peace between us and God?
3. Where could you be a peacemaker in your family or friendships?

MEMORY VERSE · MATTHEW 5:9

“Blessed are the peacemakers, for they shall be called children of God.”

DAY 8 Persecuted for Righteousness Matthew 5:10-12; 1 Peter 4:12-14

The last surprise: “Blessed are those who are persecuted because of righteousness.” Following Jesus can mean being misunderstood or treated unfairly for doing what's right. Jesus says don't be shocked by it and don't lose heart — “rejoice and be glad,” because your reward is great in heaven and you stand in the company of the prophets. We're never alone, and it's never wasted.

TALK ABOUT IT

1. Why might doing the right thing sometimes make life harder, not easier?
2. How can someone “rejoice” even when treated unfairly for following Jesus?
3. How can your family encourage each other to keep doing what's right?

MEMORY VERSE · MATTHEW 5:10

“Blessed are those who have been persecuted for righteousness’ sake, for theirs is the Kingdom of Heaven.”

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