

SOHL  
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

## Blessed are.....

(PART 1-2 OF 8)

November 13, 2017

**MATTHEW 5:3-4 NKJV** – (3) “Blessed are the poor in spirit, for theirs is the kingdom of heaven. (4) Blessed are those who mourn, for they shall be comforted.

**"Blessed are the poor in spirit, for theirs is the kingdom of heaven."** "Poor in spirit" means to be humble. Humility is the realization that all your gifts and blessings come from the grace of God. To have poverty of spirit means to be completely empty and open to the Word of God. When we are an empty cup and devoid of pride, we are humble. Humility brings an openness and an inner peace, allowing one to do the will of God. He who humbles himself is able to accept the fragility of nature, to repent, and to allow the grace of God to lead us to conversion.

It is pride, the opposite of humility that brings misery. For pride brings anger and the seeking of revenge, especially when one is offended. If every man were humble and poor in spirit, there would be no war!

**"Blessed are they who mourn, for they shall be comforted."** If we are humble and appreciate that all of our gifts and blessings come from God, we grow in love and gratitude for Jesus Christ our Savior. But this can only produce mourning and regret over our own sins and the sins of this world, for we have hurt the one who has been so good to us. One also mourns for the suffering of others.

Here is also another reason to mourn. The more one ascends in meditation of Divine Truth, Beauty, and Goodness, yet realizes the poverty of human nature, man can only be left in sorrow. When one contemplates that we were made in the image and likeness of God and lived in Paradise, the Garden of Eden, and compare that to our present state after the "Fall", one can only mourn our present condition. But the sentence continues that *they shall be comforted*, by the Comforter, the Holy Spirit, and, hopefully, one day in the Kingdom of Heaven. Pray for the fruit of the Holy Spirit (**Galatians 5:22**) - love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

### SCRIPTURE READING

NUMBERS 6:24-26

### THOUGHT FOR THE WEEK

"Count your blessings, not your problems."