

Ingredients for Happiness

TEXT: Matthew 5:1-12; Psalm 119:1-6

SUPPLEMENTAL SCRIPTURES: Psalms 84:11,12; 128:1,2

KEY VERSE: But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed. — James 1:25

Jesus' teachings to His disciples and the multitudes as found in Matthew 5, 6 and 7 are known as the "Sermon on the Mount." The blessings He pronounced at the beginning of that message are called *The Beatitudes*, which means "perfect blessedness or happiness."

1. What is the meaning of the word *blessed*, as found in the Beatitudes?

2. In reference to our key verse, there are four requirements in order to receive the promise that we shall be blessed in our doings. List these four requirements and briefly explain each.

3. How many of the basic ingredients for happiness listed in Matthew 5:3-12 are necessary if we wish to follow Jesus and truly be His disciples?

4. Listed below are eight basic ingredients Jesus gave for happiness. After each of these give a short definition of what you think is meant. In the next column, list Jesus' promise to those who exhibit that quality.

Quality	Meaning	Jesus' Promise
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The poor in spirit		
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They that mourn		
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The meek		
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They which hunger and thirst after righteousness		
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The merciful		
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The pure in heart		
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The peacemakers		
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The persecuted for righteousness' sake		
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