

I'm Salty

Sunday Recap 02/12/23:

Psalm 34:8 ESV

Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!

Our inward transformation produces our extreme saltiness, which is a pleasant taste! Jesus taught in chapter 5 of Matthew about the true happiness we can experience when we walk in the attitudes mentioned in verses 3-12. The fruit of the Spirit said in Galatians reveals characteristics that flow from this inter blessedness.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Deeper Dive: Why is obedience necessary in our spiritual walk?

Matthew 5:3 ESV, Blessed are the **poor** in spirit - The fruit of the Spirit is **Love**

1. How does being dependent on God affect the way we Love?
2. What is our priority list taught by Pastor J on who we love?

Matthew 5:4 ESV, Blessed are those who **mourn** – The fruit of the Spirit is **Joy**

- **(Mourn) to grieve (feeling)** v. — to feel grief or sorrow.
- **Joy (emotion)** n. — the emotion of great happiness and pleasure.

We mourn over sin and despise it. We see sin the way God sees it and seek to treat it the way God does¹

- “Blessed are those who mourn for they shall be **comforted**.”
 - **Comforted (state)** v. — to be or become consoled for sorrow or distress.

When my attitude is to mourn over personal sin the Spirit comforts me with Joy!

1. If mourning is connected to my personal sin, how can I contrast joy to my spiritual growth?
2. Do you feel that you're growing spiritually? How do you know that you are growing?

Matthew 5:5 ESV, Blessed are the **meek** – The Fruit of the Spirit is **Peace**

- **Meek person** n. — a person characterized by being humble, gentle, and mild.
 - **Peace** n. — harmonious relations and freedom from disputes; especially during the absence of war.
1. Why do some people consider meekness a sign of weakness?
 2. Why is it often hard to humble ourselves?

Matthew 5:6 ESV, Blessed are those who hunger and thirst for righteousness – The fruit of the spirit is **patience**

- **Hunger and Thirst for Righteousness** – to desire

Jesus is speaking of an intense longing after *righteousness* that may be likened to both hunger and thirst. Everyone now and then does what is right, but Jesus is pointing his hearers not to occasional acts but to a passionate concern for the right.²

¹ Warren W. Wiersbe, *The Bible Exposition Commentary*, vol. 1 (Wheaton, IL: Victor Books, 1996), 21.

² Leon Morris, *The Gospel according to Matthew*, The Pillar New Testament Commentary (Grand Rapids, MI; Leicester, England: W.B. Eerdmans; Inter-Varsity Press, 1992), 99.

- **Patience** n. — patient endurance of pain or unhappiness.
 - **Patience:** the ability to wait, or **to continue doing something despite difficulties**, or to suffer without complaining or becoming annoyed.
1. Why is the fruit of patience necessary in our desire for righteousness?
 2. What are some difficulties we may face in our intense longing for righteousness?

Matthew 5:7 ESV, Blessed are the merciful, for they shall receive mercy – The fruit of the Spirit is Kindness

- **Merciful person** n. — a person who shows leniency, compassion, or forgiveness; especially towards someone who has offended them.
- **Kindness (quality)** n. — the quality of being warmhearted, considerate, humane, gentle, and sympathetic.

When you have an attitude of mercy, the Spirit produces kindness.

1. How can we demonstrate kindness to our neighbors?
2. How can we demonstrate kindness to our neighbors who have offended us?