



Note to Self Week 4 – Blessed are the Merciful
Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

"Blessed are the merciful, for they will receive mercy."
Matthew 5:7

Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you... Be merciful, just as your Father is merciful.
Luke 6:27-28, 36

"...if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."
Matthew 6:14-15

"The Lord, the Lord God, **merciful** and gracious, longsuffering, and **abounding in goodness** and truth, **keeping mercy** for thousands, forgiving iniquity and transgression and sin..."
Exodus 34:6-7

Reflection Questions:

- What's one blessing from God that you noticed this week?
- Have you ever felt powerless? What did it feel like? How would you describe it?
- How would you describe mercy?
- Read the following scriptures: Matthew 5:7, Luke 6:27-28, 36, Matthew 6:14-15, and Exodus 34:6-7. What do these scriptures tell us about mercy?
- Chip shared that, "Mercy is compassion in action." When have you experienced this?

- Chip shared two stories in the Bible that Jesus used to teach people about mercy. One is the Good Samaritan in Luke 10 and the other is in Matthew 18, the parable of the unforgiving debtor. Which one challenged you the most as you heard them? (If you need to refresh your memory, turn to those chapters and read the stories.)
- These stories come in response to two questions: whom do I have to love? Whom do I have to forgive? (And how many times?) Which of these questions is the one you are asking today?
- Chip also talked about the sense of time that we can observe in the Beattitudes – their meaning is rooted in the future. The present blessing today is grounded in the future. Their present situation is favorable—enviable, even—because of what WILL happen. How does this help you understand Jesus’ teaching in this chapter (Matthew 5)?
- Is there an area or person where you need to choose to be merciful? What is keeping you from showing mercy? Can you talk to God about that honestly?
- What is God teaching you about what it means to be blessed through this teaching?

Looking for some ways to grow and be stretched spiritually? Check out our highlighted resources at www.wschurch.org/resources. These resources can be purchased using the links or are available for a small donation at the Next Steps area on Sunday mornings.