

A Better Way to the Good Life
Week 2: Pursuit, Posture, and Presence
Matthew 5:6-8

1. What or who is making your pursuit of the “good life” more complicated? How has this complication affected you? Mentally, emotionally, physically, spiritually?
2. What does Jesus teach about the values of his kingdom this week? What are the blessings, or promises, that he offers with each? Think about each of the following beatitudes:
 - Those who hunger and thirst for righteousness
 - The merciful
 - The pure in heart
3. Consider the following bottom-line statement from the sermon: “Pursue the high standards from Jesus with the humble posture and heart-level presence of one forgiven and loved by Jesus.” How would you apply this challenge to your life this week?
4. Read Paul’s prayers in **Ephesians 3:14-19** and **Philippians 1:9-11**. What is he asking God to do? How do these prayers echo the beatitudes? How will one of these prayers guide your daily practice of following Jesus this week? Consider one of the following concrete steps.
 - Schedule your first and last thoughts of the day to be with Jesus.
 - Set a mid-morning and mid-afternoon “pause” reminder on your phone to spend 3-minutes with Jesus.
 - Put your phone away for the last 3 hours of your evening.