

23 Strong December – The Awe of Jesus’ Beatitudes



December Day 1
My heart stands in awe of Your Words.
Psalm 119:161b



SPIRITUAL FOOD and FITNESS

Today we begin our last month in this last quarter of 23 Strong! During this quarter we are asking God to open our eyes to the awe of His powerful Word spoken through Jesus in the Sermon on the Mount. In October we found awe in the imagery Jesus shared, and last month, in many one-liners from His sermon. This month, may God open our eyes to the awe of His Beatitudes.

As we get started, let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of Jesus' Beatitudes to you.
- READ and COPY Matthew 5:3-12.
- WATCH the video we've titled, 23 Strong December Introduction, taking notes as you do.
- ACCESS the reference sheet called, "2 Pictures in the Beatitudes." Print or save to your device.
- PREPARE to memorize the Beatitudes this month by accessing the Memorization Plan and printing or saving to your device for easy access in the coming days.
- PRAY, committing to meditating on and memorizing the Beatitudes during these 23 days.
- MEMORIZATION... Follow the Memorization Plan directions for Day 1.

Memorization Encouragement... Having a plan when you are endeavoring to memorize Scripture is key. We have made the plan for you, so make sure to use it!



December Day 2
My heart stands in awe of Your Words.
Psalm 119:161b



SPIRITUAL FOOD and FITNESS

Day 2 and our focus will be upon the first Beatitude found in verse 3, *"Blessed are the poor in Spirit for theirs is the Kingdom of Heaven."*

As we get started on this Beatitude, let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of this Beatitude to you.
- READ and COPY Matthew 5:3.
- WATCH the video we've titled, 23 Strong December- Poor In Spirit, taking notes as you do.
- If you have not yet accessed and saved the reference sheet titled, "2 Pictures in the Beatitudes" make sure to do so today.
- JOURNAL about the following:
 - Your poverty of Spirit before salvation.
 - Any poverty of Spirit you are experiencing today.
- PRAY, asking for further revelation and understanding of this Beatitude.
- MEMORIZATION... Follow the Memorization Plan directions for Day 2.

Memorization Encouragement... Memorization requires discipline and a sound mind. In Christ, you have both of these things!



December Day 3
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Day 3 and we will continue our focus upon the Beatitude found in verse 3, *"Blessed are the poor in Spirit for theirs is the Kingdom of Heaven."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to use His Word to reveal your poverty of Spirit.
- **READ** through the entire Sermon on the Mount (Matthew 5-7), with eyes keen to see how Jesus' Words reveal poverty in you. **MAKE A LIST** of everything you see. (examples: from vs. 7... perhaps you are poor in regard to having mercy... or from vs. 20 perhaps you are poor in regard to righteousness etc.)
- **PRAY** through the list you made, bringing your poverty of Spirit to Jesus.
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 3.

Memorization Encouragement... The secret to success in memorizing is **REVIEW**, so make sure to do so in excess. Reviewing throughout the day is even better!



December Day 4
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Day 4 will be our last day of focus on this first Beatitude found in verse 3, *"Blessed are the poor in Spirit for theirs is the Kingdom of Heaven."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to use His Word to reveal the glory of His Kingdom to you.
- **READ** and **COPY** Matthew 5:3.
- **COPY** the 2 definitions of God's Kingdom that we have used in this study. (You can access them in the Video Description from the Video on Day 2).
- **MAKE A LIST** of at least 3 areas of life where you sense a *"poverty of Spirit"* today. If needed, feel free to use your Journal notes from Day 3 to help.
- Once you have made your list, for each place of spiritual poverty on your list, **IDENTIFY** something from God's Kingdom that would turn it into spiritual wealth. **PRAY** about each one.
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 4.

Memorization Encouragement... Every minute you give to memorizing Scripture is time well spent!



December Day 5
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we will begin our focus on Jesus' second Beatitude found in verse 4, *"Blessed are those who mourn, for they shall be comforted."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal any sin He sees in your life and for a humble heart to listen.
- **READ** and **COPY** Matthew 5:4.
- **WATCH** the video we've titled, 23 Strong December – Mourn / Be Comforted, taking notes as you do.
- **READ** and **STUDY** the 2 pictures of this Beatitude from the reference sheet titled "2 Pictures in the Beatitudes."
- **READ** through the entire Sermon on the Mount (Matthew 5-7), with heart in tune for an awareness of sin in your life. **MAKE A LIST** of every sin you see in yourself and **MOURN** them before the Lord.
- **PRAY**, asking the Lord to help you see sin the way He sees it.

- **MEMORIZATION...** Follow the Memorization Plan directions for Day 5.

Memorization Encouragement... Memorization may be challenging, but most things of value are... so embrace the challenge!



December Day 6
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

We will conclude our focus today on Jesus' second Beatitude found in verse 4, *"Blessed are those who mourn, for they shall be comforted."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal the awe of His comfort to you.
- **READ** and **COPY** Matthew 5:4.
- **READ/STUDY** the 2 pictures of this Beatitude from the reference sheet "2 Pictures in the Beatitudes."
- Using the list you journaled yesterday, focus in on three areas of sin in your life. **WRITE** them down again. Also consider additional sin you may have in your mind, will and emotions and **JOURNAL** about them too. **MOURN** these things before the Lord.
- **LOOK UP** the following Scriptures and **JOURNAL** their message of comfort for the sin you are mourning:
 - Acceptance – I John 1:9, Romans 8:1-2, Hebrews 4:16.
 - Salvation/Solution – Psalm 16:5-11, II Peter 1:3, Philippians 4:19.
 - Help/Hope - I Corinthians 10:13, Ephesians 3:20, Zephaniah 3:19.
- **PRAY**, taking hold of the Lord's comfort.

- **MEMORIZATION...** Follow the Memorization Plan directions for Day 6.

Memorization Encouragement... As you work the Memorization Plan each day, make sure to keep the meaning of each Beatitude front and center. Doing so makes memorization much more meaningful!



December Day 7
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we will begin Jesus' third Beatitude found in verse 5, *"Blessed are the meek, for they shall inherit the earth."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal the awe of meekness to you.
- **READ** and **COPY** Matthew 5:5.
- **READ/STUDY** the 2 pictures of this Beatitude from the reference sheet "2 Pictures in the Beatitudes."
- **WATCH** the video we've titled, 23 Strong December – Meek / Inherit the Earth, taking notes as you do.
- Following the examples shared in the video, **READ** through the Sermon on the Mount and make note of Jesus' Words which reveal a lack of meekness in your heart and mind.
- **PRAY**, asking the Lord for the strength of meekness.
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 7.

Memorization Encouragement... Posturing yourself in meekness when memorizing is so important. You are basically saying, "Lord, I trust You to strengthen me to memorize Your Word!"



December Day 8
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Day 8 and we will continue our focus upon the Beatitude found in verse 5, *"Blessed are the meek, for they shall inherit the earth."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal the awe of meekness to you.
- Trust is based on character, and trusting God is based on His character. **READ** and **COPY** the following verses about the character of our God. For each verse also...
 - **MAKE NOTE** of why it is best to relate to Him from an attitude of meekness.
 - **UNDERLINE** the 'Trust Motivators' you find.
- Psalm 8:10 Psalm 13:5-6 Psalm 31:19 Psalm 37:3-6
Psalm 118:8 Proverbs 3:5-6 Isaiah 26:3-4
- **PRAY**, asking the Lord to inspire meekness in you based on His character.
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 8.

Memorization Encouragement... Memorizing Scripture is a great way to *"delight yourself in the Lord."*



December Day 9
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

We will conclude our focus today upon Jesus' third Beatitude found in verse 5, *"Blessed are the meek, for they shall inherit the earth."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal the awe of meekness to you.
- **REVIEW** your notes from the video on Day 7 about *"inheriting the earth."*
- **READ and COPY** the following verses:
Genesis 1:28 Psalm 24:1 Psalm 119:64
- **JOURNAL** about the following questions:
 - How do these Truths about God and the earth speak into His plan and ability to give you the *"inheritance of the earth."*
 - What allotted portion of the earth might God desire to personally entrust to you? Why?
- **PRAY**, in a spirit of meekness, with hands wide open for His inheritance.
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 9.

Memorization Encouragement... Reviewing makes all the difference! How often are you reviewing your verses?



December Day 10
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we move on to Jesus' fourth Beatitude found in verse 6, *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal the awe of being filled/satisfied in Christ.
- **READ and COPY** Matthew 5:6.
- **READ/STUDY** the 2 pictures of this Beatitude from the reference sheet "2 Pictures in the Beatitudes." Also take a moment to read through the first four Beatitudes, noting the progression in each picture.
- **WATCH** the video we've titled, 23 Strong December – Hunger, Thirst / Satisfied, taking notes as you do.
- In regard to the video discussion, **JOURNAL** about the following question - Am I **PERSON** who *"hungers and thirsts for righteousness"* in my...
 - Condition?
 - Behavior?
 - Environment?
- **PRAY**, asking the Lord to sanctify your hunger!
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 10.

Memorization Encouragement... One way Jesus may **SATISFY** your hunger and thirst for righteousness is through memorizing Scripture!



December Day 11

My heart stands in awe of Your Words.

Psalms 119:161b



SPIRITUAL FOOD and FITNESS

Jesus' fourth Beatitude found in verse 6, *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied,"* surely gives us much to consider. We will continue that consideration today...

So, let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of being filled/satisfied in Christ.
- READ and COPY Matthew 5:6.
- In regard to the video discussion, JOURNAL about the following questions...
 - Am I a person who is convinced that righteousness is essential for the PRESERVATION of my spirit? If so, how does this conviction show up in my daily life? If not, why?
 - Am I a person who has a PREFERENCE for righteousness? Or am I double-minded? Lacking conviction? Or sick with sin-having no hunger? How is my hunger/thirst preference, or non-preference seen in my life?
 - Which parts of the Sermon on the Mount, stir up a *"hunger and thirst for righteousness"* in me the most? Why?
- PRAY, asking the Lord to sanctify your hunger!
- MEMORIZATION... Follow the Memorization Plan directions for Day 11.

Memorization Encouragement... One way Jesus may SANCTIFY your hunger and thirst for righteousness is through memorizing Scripture!



December Day 12

My heart stands in awe of Your Words.

Psalms 119:161b



SPIRITUAL FOOD and FITNESS

We will conclude our focus today upon Jesus' fourth Beatitude found in verse 6, *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."*

So, let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of being filled/satisfied in Christ.
- READ and COPY Matthew 5:6.
- JOURNAL prayers expressing your *"hunger and thirst for righteousness"* in regard to the following areas of your life. Feel free to consider Jesus' teaching in the Sermon on the Mount as you pray into each one...
 - Your Thoughts ➤ Your Work
 - Your Emotions ➤ Your Habits
 - Your Choices ➤ Your Motives
 - Your Family ➤ The World
- PRAY, asking the Lord to sanctify your hunger!
- MEMORIZATION... Follow the Memorization Plan directions for Day 12.

Memorization Encouragement... When we memorize Scripture, it gives us language for our prayers!



December Day 13
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we move on to Jesus' fifth Beatitude found in verse 7, *"Blessed are merciful, for they shall receive mercy."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal the awe of His mercy extended to you.
- **READ** and **COPY** Matthew 5:7.
- **READ/STUDY** the 2 pictures of this Beatitude from the reference sheet "2 Pictures in the Beatitudes." Also take a moment to read through the first five Beatitudes, noting the progression in each picture.
- **WATCH** the video we've titled, 23 Strong December – Merciful / Receive Mercy, taking notes as you do.
- In response to the mercy extended to you through Christ, **JOURNAL** about the following...
 - Your gratitude for His mercy to you...
 - Your gratitude which motivates you to extend mercy to others...
- **PRAY**, asking the Lord to mold you into a merciful person!
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 13.

Memorization Encouragement... Memorizing Scripture can help us to stay centered in the Gospel of Jesus and the mercy He has given to us!



December Day 14
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Day 14... we continue our focus upon Jesus' fifth Beatitude found in verse 7, *"Blessed are the merciful, for they shall receive mercy."*

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal the awe of living a merciful life in His Kingdom.
- **READ** through the Sermon on the Mount (Matthew 5-7), with eyes keen to see how Jesus' Words reveal:
 - His mercy to you
 - Ways to live in His mercy and let it flow to others through youAs you read, look beyond the surface / read between the lines, and **MAKE A LIST** of everything you see. (examples: from 5:3-9, He mercifully wants to bless us / or from 7:13-14, choosing the narrow way of mercy)
- **PRAY** through the list you made, bringing your poverty of Spirit to Jesus.
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 14.

Memorization Encouragement... Are you leaning on God's strength to memorize, or leaning on your own? The better way is to lean on Him!



December Day 15
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

We will conclude our focus today upon Jesus' fifth Beatitude found in verse 7, *"Blessed are the merciful for they shall receive mercy."*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of the parable you will read from His Word today.
- REVIEW the prayers about mercy you journaled on Day 13.
- READ Jesus' Words in Matthew 18:21-25 which express a picture of an unmerciful person.
- In response to what you read, JOURNAL about the following:
 - Where do you see mercy in this parable?
 - What did the servant intentionally set out to do? (see Matthew 18:28)
 - How did the servant's lack of mercy affect those around him? And how might our lack of mercy affect others around us?
 - COPY Matthew 18:32b-33.
 - How do you see yourself in this parable?
 - In response to this parable, what will you intentionally set out to do in the days to come? Why?
- PRAY, asking the Lord to strengthen you to stay in the flow of His mercy!
- MEMORIZATION... Follow the Memorization Plan directions for Day 15.

Memorization Encouragement... Reminder for today - REVIEW. ADD. REVIEW MORE!



December Day 16
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we begin Jesus' sixth Beatitude found in verse 8, *"Blessed are the pure in heart, for they shall see God."*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of seeing Him!
- READ and COPY Matthew 5:8.
- READ/STUDY the 2 pictures of this Beatitude from the reference sheet "2 Pictures in the Beatitudes." Also take a moment to read through the first six Beatitudes, noting the progression in each picture.
- WATCH the video we've titled, 23 Strong December – Pure In Heart / See God, taking notes as you do.
- Review your notes, specifically pondering...
 - Which ones of the ways that our hearts become impure are most personal for you?
 - Which of the ways that we see God by faith are most personal for you?
- PRAY, asking the Lord to purify your heart, that you might see Him!
- MEMORIZATION... Follow the Memorization Plan directions for Day 16.

Memorization Encouragement... Reminder for today – Memorizing Scripture can be like taking a shower in God's Word!



December Day 17
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we will finish our focus upon Jesus' sixth Beatitude found in verse 8, *"Blessed are the pure in heart, for they shall see God."*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal the awe of seeing Him!
- JOURNAL about the following, based on our discussion in the video yesterday...
 - Gratitude for the purity of heart God provided for you in Christ, both positionally and practically.
 - Ways that your heart personally becomes impure through silliness, scum, stubbornness and stupidity.
- FILL in the blank and JOURNAL about the following statements...
 - God, I long to see TRUTH about Your _____
 - God, I long to see Your _____ in regard to Your RELATIONSHIP with me.
 - God, I long to see Your ACTIVITY in my life through _____.
 - God, let me see Your SOVEREIGNTY in _____.
- PRAY, asking the Lord to purify your heart, that you might see Him!
- MEMORIZATION... Follow the Memorization Plan directions for Day 17.

Memorization Encouragement... Reminder for today – How are you progressing in regard to the Memorization Plan we created for you? Do your best to stay consistent!



December Day 18
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Jesus' seventh Beatitude found in verse 8 will get our attention today and tomorrow. In this Beatitude Jesus says, *"Blessed are the peacemakers, for they shall be called the sons of God."*

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal to you the awe of living in His peace.
- READ and COPY Matthew 5:9.
- READ/STUDY the 2 pictures of this Beatitude from the reference sheet "2 Pictures in the Beatitudes." Also take a moment to read through the first seven Beatitudes, noting the progression in each picture.
- WATCH the video we've titled, 23 Strong December – Peacemakers/ Children of God, taking notes as you do.
- REVIEW your notes from the video, specifically PONDERING and JOURNALING about...
 - Am I living in and experiencing Jesus' peace? How is this evident in my life?
 - How the five dynamics of 'making something' that we discussed, i.e., knowledge, experience, resources, effort, and messy... are present or not present in your life regarding peacemaking.
- PRAY, asking the Lord to give you a heart for peacemaking and the courage to be a peacemaker.
- MEMORIZATION... Follow the Memorization Plan directions for Day 18.

Memorization Encouragement... The closer you get to finishing what you are memorizing, the more you need to review!



December Day 19
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we will continue pondering Jesus' seventh Beatitude found in verse 8, "*Blessed are the peacemakers, for they shall be called the sons of God.*"

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal to you the awe of living in His peace.
- Based on our discussion in the video yesterday... FILL in the blank and JOURNAL about the following statements...
 - For Jesus to make peace with me, positionally it cost Him _____.
 - For Jesus to make peace with me, physically it cost Him _____.
 - For Jesus to make peace with me, emotionally it cost Him _____.
 - For me to be a peacemaker, positionally it may cost me _____.
 - For me to be a peacemaker, physically it may cost me _____.
 - For me to be a peacemaker, emotionally it may cost me _____.
- PRAY, asking the Lord to increase your desire to be a peacemaker!
- MEMORIZATION... Follow the Memorization Plan directions for Day 19.

Memorization Encouragement... You are so close to the finish line, don't give up now!



December Day 20
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we will focus on Jesus' last Beatitude. For our study this month, we are grouping the '*blessings*' found in verses 10-12 into one Beatitude about persecution. Jesus begins in verse 10 saying, "*Blessed are those who have been persecuted for the sake of righteousness, for theirs is the Kingdom of Heaven.*"

Let's take in God's Word, and move through it in the following ways:

- PRAY, asking the Holy Spirit to reveal to you the awe of His Kingdom and His reward.
- READ and COPY Matthew 5:10-12.
- READ/STUDY the 2 pictures of this Beatitude from the reference sheet "2 Pictures in the Beatitudes." Also take a moment to read through both pictures of all 8 Beatitudes, noting the progression in each picture.
- WATCH the video we've titled, 23 Strong December – Persecuted/ Kingdom of Heaven, taking notes as you do.
- JOURNAL prayers for...
 - Yourself... in regard to nurturing your faith to live in Christ's righteousness, even if persecution comes.
 - Others... believers who are being persecuted for the sake of righteousness.
 - People... who are persecuting you or others because of connection to Christ and His righteousness.
- PRAY, asking the Lord for strong faith to endure any persecution.
- MEMORIZATION... Follow the Memorization Plan directions for Day 20.

Memorization Encouragement... Try quoting out loud what you have memorized thus far to someone else today. It will help you with clarity and recall!



December Day 21
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Throughout this month, we've been meditating on the Beatitudes, that we might gain knowledge of them, and revelation of the foundational pictures they paint for our lives! Hopefully we have gained increase in both, and we are prepared for praying the Beatitudes. Doing so will be our focus for the next two days.

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal to you the awe of praying His Beatitudes...
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 21 to review the Beatitudes as we get started.
- **REVIEW** the reference sheet titled "2 Pictures in the Beatitudes." noting the progression through the Beatitudes in each picture.
- **WATCH** the video we've titled, 23 Strong Praying the Beatitudes, taking notes as you do. (This video was originally shared in February, but is being used today for continued encouragement in praying the Beatitudes)
- **ACCESS** the reference sheet we've titled, Praying the Beatitudes and then use it to **PRAY** through the Beatitudes for yourself.

Memorization Encouragement... Once you have the Beatitudes memorized, they will always be at the ready for you to pray through them!



December Day 22
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today we will continue to pray through the Beatitudes...

Let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to reveal to you the awe of praying His Beatitudes...
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 22 to review the Beatitudes as we get started.
- **REVIEW** the reference sheet titled "2 Pictures in the Beatitudes." noting the progression through the Beatitudes in each picture.
- **ACCESS** the reference sheet we've titled, Praying the Beatitudes and then **ASK** the Lord to show you who He would like for you to pray for today. Then, **PRAY** through the Beatitudes for that person(s). (if the person God shows you to pray for would be considered an opponent or enemy, we encourage you to use our Praying the Beatitudes for Opponents reference sheet)

Memorization Encouragement... Aren't you glad you have the Beatitudes stored in your heart? O how they can bring depth to your conversation with God!



December Day 23
My heart stands in awe of Your Words.
Psalm 119:161b

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SPIRITUAL FOOD and FITNESS

Today is the final day of 23 Strong... what a year we have had meditating on Jesus' powerful words from His Sermon on the Mount!

As we bring things to a close today, let's take in God's Word, and move through it in the following ways:

- **PRAY**, asking the Holy Spirit to impress the awe of Jesus' Words upon your mind and heart.
- **WATCH** the video we've titled, [23 Strong December – Concluding Thoughts](#).
- **Read** through the Sermon on the Mount to discern specific takeaways. We suggest the following:
 - One message to your heart from each chapter
 - One message to your actions from each chapter
 - One message to your thoughts about God from each chapter
 - One main takeaway overall from the Sermon on the Mount
- **PRAY**, asking God to seal these takeaways into your heart, actions and thoughts!
- **MEMORIZATION**... Follow the Memorization Plan directions for Day 23.

Memorization Encouragement... Praise God for all the Words of Jesus that you have hidden into your heart this year!