NOTHING *to* PROVE

A one-page Matthew 5:3 reflection guide for honest prayer and receiving the grace of Christ.



Key Scripture

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."
Matthew 5:3 ESV

Read Matthew 5:1–12 before beginning.

A moment to notice

Think of one moment when you wanted to appear more capable than you felt. Perhaps you hid a mistake, declined needed help, or delayed prayer until you could sound more composed. Name the moment without turning it into a verdict on your worth.

In the first beatitude, Jesus announces the kingdom to the poor in spirit. We come with no righteousness that can make God owe us His welcome. Christ meets our need through His own saving work. Let that grace make room for honest confession, received help, and one faithful response.

Grace gives you room to tell the truth.

Five guided reflections

1. **Notice** — Where am I trying to appear spiritually sufficient?
2. **Name** — What sin or need am I reluctant to bring to Jesus?
3. **Receive** — How does His saving work answer my desire to earn welcome?
4. **Ask** — Who could pray with me or help me take responsibility?
5. **Respond** — What one act of trust or obedience will I take this week?

A practice for today

Name and Receive.

Take three quiet minutes. Write: "Jesus, I cannot make myself right by…" Name what you have been relying on. Read Matthew 5:3 slowly. Ask for mercy through Christ, then name one concrete response: confess, ask for help, or make an apology. An open hand may accompany your prayer, but the gesture earns nothing.

Prayer

Jesus, I bring You the need I would rather hide. Forgive my sin and my attempts to earn Your welcome. Teach me to trust Your finished work. By Your Spirit, help me receive care and take the next faithful step. Amen.

Companion to *The First Beatitude and the Open Hand*, this week's *When the Word Lingers* reflection.

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