

Blessed Are the Broken

A 5-Day Devotional Guide

Text: Matthew 5:1–3

Big Idea: Blessed are those who recognize their spiritual poverty and surrender fully to God, for they receive the life and Kingdom only He can give.

How to Use This Guide

This devotional is designed for five days of reflection. Each day includes Scripture, a short devotional reading, reflection questions, and a prayer. You may use it individually or with family. Move slowly. Sit with the questions. Come to God honestly and expectantly.

Day 1 – Admitting What We’d Rather Hide

Scripture Reading: Matthew 5:3

> “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

Devotional Reading

Admitting weakness is hard. We’ll confess we’re bad at math or directions, but when it comes to our souls, we suddenly become experts at self-defense. We minimize. We compare. We justify.

But Jesus opens the door to the Kingdom with a startling invitation: *Come empty*. Not improved. Not impressive. Not polished.

To be “poor in spirit” is to tell the truth about our condition before God. It’s not self-hatred—it’s spiritual honesty. And Jesus says that honesty is blessed.

Reflection Questions

- Where am I tempted to downplay my need for God?
- What excuses do I use instead of surrender?

Prayer

Lord, I stop pretending today. I bring You my real self—my doubts, weaknesses, and need. I come empty. Amen.

Day 2 – Running on Fumes

Scripture Reading: Psalm 34:18

> “The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Devotional Reading

Like a car running on an empty tank, many of us keep going spiritually long after the warning light has come on. We say, “I can make it.” We push harder. We coast longer.

The problem isn’t effort—it’s emptiness. And here’s the good news: God is not repelled by emptiness. He is drawn to it.

Jesus never blesses pretending we’re full. He blesses the moment we admit we’re not.

Reflection Questions

- What warning lights are flashing in my spiritual life?
- What would it look like to stop and ask God for help instead of pushing through?

Prayer

God, I’m tired of pretending I’m okay. Meet me in my emptiness and refill what’s been drained. I trust You to be near. Amen.

Day 3 – When Trying Harder Isn’t Enough

Scripture Reading: Romans 3:23

> “For all have sinned and fall short of the glory of God.”

Devotional Reading

We like the idea of self-improvement. If something’s broken, we assume we can fix it—eventually. Spiritually, that often sounds like, “I’ll try harder next time.”

But Scripture is honest: sin hasn’t just scratched the surface of our lives—it’s touched everything. That’s not an insult; it’s a diagnosis. And the right diagnosis makes healing possible.

Jesus doesn’t say the Kingdom belongs to the self-fixers. It belongs to those who finally stop trying to rescue themselves.

Reflection Questions

- Where am I relying on effort instead of grace?
- What have I been trying to fix without surrendering to God?

Prayer

Jesus, I admit I can’t fix myself. I release my grip on control and trust Your grace to do what I cannot. Amen.

Day 4 – Grace That Finds Us First

Scripture Reading: Ephesians 2:8–9

> “For it is by grace you have been saved... not from yourselves, it is the gift of God.”

Devotional Reading

Before you ever reached for God, He was already reaching for you. That tug on your heart? Grace. That discomfort with sin? Grace. That longing for more? Grace.

Prevenient grace means God moves first. Even your awareness of need is evidence that He's already at work.

Like a lifeguard waiting for a drowning person to stop fighting, God is ready to rescue—but rescue requires surrender.

Reflection Questions

- Where have I been resisting God instead of receiving Him?
- What might change if I stopped fighting grace?

Prayer

God, I stop resisting today. I open my hands and receive the grace You've already been offering. Thank You for coming to find me. Amen.

Day 5 – Living With Empty Hands

Scripture Reading: John 15:5

> “Apart from Me you can do nothing.”

Devotional Reading

Being poor in spirit isn't a one-time confession—it's a daily posture. Every morning is an invitation to begin again with empty hands and open hearts.

In God's Kingdom, no one brings their own résumé. We all receive. That's why the Kingdom belongs to the poor in spirit—not because they are weak, but because they are dependent.

Dependence is where transformation begins.

Reflection Questions

- How can I practice daily dependence on God?
- What would change if I started each day acknowledging my need?

Prayer

Lord, today I choose dependence over self-sufficiency. Fill my emptiness with Your life and lead me in Your Kingdom. Amen.