



## Blessed are the poor in spirit

### Cleansed of your darkness - Emptied of Self

Meditation
We Had Today

Upbeat
Children's Happiness

Contemporary
Brand New

Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" - Matt. 8:3

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God. - 2 Cor 7:1

Wash and make yourselves clean.

Take your evil deeds out of my sight; - Is. 1:16

Wash away all my iniquity and cleanse me from my sin.
Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.
Let me hear joy and gladness;
Create in me a pure heart, O God, and renew a steadfast spirit within me.
Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.
Psalm 51:2, 7-8, 10, 12

You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. – John 15:3-4

Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. – Heb. 10:22

I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities... - Ez. 36:2

## Blessed are those who mourn

#### See the darkness that consumed you - Transformed

Meditation
The Mountain Forest

Upbeat
On a Journey

Contemporary
Word of God Speak

For you were once darkness, but now you are light in the Lord. Live as children of light - Eph. 5:8

You are all children of the light and children of the day. We do not belong to the night or to the darkness. - 1 Thess 5:5

The rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace. - Luke 1:79

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." - John 8:12

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins. – Col. 1:13-14

Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God. -John 3:20-21

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. - Is. 9:2

## Blessed are the meek

### Become dependent on the light - Surrender

PLAYLISTS

Meditation

Mist Over the Mountains

<u>Upbeat</u> Encouraging Inspiration

Contemporary I Surrender

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. - John 15:4-5

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. - 2 Cor. 12:9

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. - IS. 41:13

I can do all this through him who gives me strength. - Philipp. 4:13

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. – Psalm 28:7

But whose delight is in the law of the Lord, and who meditates on his law day and night.

That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—

whatever they do prospers. – Psalm 1:2-3

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. - John 14:6

# Blessed are those who hunger and thirst for righteousness

Passionately desiring the light - Filled

PLAYLISTS

Meditation
Unchained Melody

<u>Upbeat</u> The Gift

<u>Contemporary</u> Hungry

Jesus replied: Love the Lord your God with all your heart and with all your soul and with all your mind. - Matt. 22:37

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple. - Psa. 27:4

As the deer pants for streams of water, so my soul pants for you, my God.

My soul thirsts for God, for the living God. - Psalm 42:1-2

But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul. - Deut. 4:29

Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. - Rom. 12:11-12

Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. - 1 Chron. 16:9-11

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. - Psa. 63:1

## Blessed are the merciful

Grieving over others consumed by darkness - Compassionate

PLAYLISTS

Meditation
The Rushing Wings Of Dawn

<u>Upbeat</u> Blinding Lights <u>Contemporary</u>
All the Poor and Powerless

See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon you and his glory appears over you. - Is. 60:2

The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. - Is. 9:2

For God did not send his Son into the world to condemn the world, but to save the world through him. - John 3:17

How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? - Rom. 10:14

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. - Matt. 28:19-20

Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. - Matt. 9:35-36

Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. - col. 4:5-6

## Blessed are the pure in heart

### Becoming the light - Purified

PLAYLISTS

Meditation
Sunset Sky

<u>Upbeat</u> Freemantle Contemporary
New Wine

One who loves a pure heart and who speaks with grace will have the king for a friend. - Prov. 22:11

The unfolding of your words gives light; it gives understanding to the simple. - Psa. 119:130

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. - Philippians 1:9-11

So, whether you eat or drink or whatever you do, do it all for the glory of God. - 1 Cor. 10:31

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these. - Mark 12:30-31

Arise, shine, for your light has come, and the glory of the Lord rises upon you. - Is. 60:1

See to it, then, that the light within you is not darkness. Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you. - Luke 11:35-36

Create in me a pure heart, O God, and renew a steadfast spirit within me. - Psalm 51:10

## Blessed are the peacemakers

#### Bringing the light into the world - A Light

PLAYLISTS

Meditation Journey Through Autumn

Upbeat Hi Jump

Contemporary The Commission

No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead, they put it on its stand, so that those who come in may see the light. - Luke 11:33

This is my command: Love each other. - John 15:17

I am sending you to them to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me. - Acts 26:17-18

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. - Matt. 5:16

But the wisdom that comes from heaven is first of all pure; then peaceloving, considerate, submissive, full of mercy and good fruit, impartial and sincere. - James 3:17

A generous person will prosper; whoever refreshes others will be refreshed. - Prov. 11:25

We love because he first loved us. Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. And he has given us this command: Anyone who loves God must also love their brother and sister. - 1 John 4:19-21

Carry each other's burdens, and in this way, you will fulfill the law of Christ. -Gal. 6:2

## Blessed are the persecuted because of righteousness

Battling against the darkness - Strength

Meditation
Wind Off the Sea

Upbeat Luminosity

<u>Contemporary</u> You've Already Won

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. - Eph. 6:10-12

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. - James 4:7-8

The light shines in the darkness, and the darkness has not overcome it. - John 1:5

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. - 2 cor. 10:4

He reveals the deep things of darkness and brings utter darkness into the light. - Job 12:22

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. - Luke 10:19

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. – Psalm 91:1

The Lord will grant that the enemies who rise up against you will be defeated before you. They will come at you from one direction but flee from you in seven. - Deut. 28:7

## Blessed are you when people insult you

#### Keeping the light until death - Persistence

Meditation
Ever Enchanted

Upbeat
There is Hope

Contemporary
Even Unto Death

My lips will shout for joy
when I sing praise to you—
I whom you have delivered. - Psa. 71:23

Because of the Lord's great love we are not consumed, for his compassions never fail.

They are new every morning;
great is your faithfulness. - Lam. 3:22-23

Let us hold unswervingly to the hope we profess, for he who promised is faithful. - Heb. 10:23

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls. - 1 Pet. 1:8-9

Be faithful, even to the point of death, and I will give you life as your victor's crown. – Rev. 2:10

But the Lord is faithful, and he will strengthen you and protect you from the evil one. – 2 Thess. 3:3

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. - Rom. 8:38-39