

SERMON ON THE MOUNT

A METWomen Study

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By Jessica Dyck

With thanks and appreciation for the help of the METWomen teaching team.

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WELCOME!

We're very excited to begin this new study.

This semester we will be examining Jesus' longest recorded and most famous sermon, The Sermon on the Mount. The golden rule, an eye for an eye, turn the other cheek, the Lord's prayer – this section of scripture contains familiar phrases that have become part of our modern vernacular. These words are often plucked from the Bible and quoted with little thought to the one who first uttered them and His intended meaning. But we're not going to do that!

Over the course of 11 weeks, we will zoom out to observe the whole sermon and then we will zoom in to explore individual parts of it. We will listen to Jesus as He explains the nature of His heavenly kingdom and the character of our heavenly Father, along with expectations and rewards for us as heavenly citizens.

We will be reminded that the Sermon on the Mount is not a list of ethical behaviours to win favour with God or to become saved. Instead, because we are saved, as members of His eternal kingdom, we are designed to be different, counter cultural. The Sermon on the Mount calls us to live in a way that glorifies God and shines gospel light into this broken world.

Jesus urges His original disciples and all those that follow to pursue true righteousness and holiness from the inside out. The Sermon on the Mount shows us what we ought to be and can be, through the power of the Holy Spirit. Not every moment, of course, not perfectly – but in ever increasing measure as we yield ourselves more and more to lesus and His divine rule.

We're so thankful that you have joined this year. We know you'll be blessed as we consider, seek to understand, and ultimately obey this challenging, encouraging, hope-filled teaching of Jesus found in the Sermon on the Mount.

May the Lord transform us by His Spirit and through His Word as we meditate on it together.

With love and joy, The METWomen Teaching Team

GETTING THE MOST FROM THIS STUDY

Read the first 4 chapters of Matthew.

It's important to read Scripture in its context, so instead of jumping into Matthew at chapter 5, take a moment to familiarize yourself with the earlier section. What happened in Jesus' life and ministry before His most famous sermon?

Review the full Sermon on the Mount at least once per week.

It may sound tedious to repeatedly read the same three chapters, but you'll be amazed at what you notice, especially if you don't rush. We have included three different translations in the guide because sometimes a new version will yield a fresh perspective. Also, please make use of the generous spacing and margins for notetaking and underlining anything that stands out.

• Do the weekly homework in this guide.

We believe that the personal study of God's Word between our sessions is the most important part of the entire study. The questions on pages 37-38 are designed to help you thoughtfully observe, consider, and respond to the key passages assigned each week. Come ready to share your learning during the small group discussion time.

Bring a Bible to every session.

Always bring your Bible because the teacher or others in your small group will refer to parts of scripture that are not listed in this guide. An open Bible is essential at METWomen \mathfrak{S} . If you don't have a Bible or can't afford one, please let us know. If you're purchasing one, we highly recommend the ESV or NIV Study Bible.

Aim to finish the rest of Matthew's gospel.

There are only 28 chapters and hopefully you've already completed the first 7. Finish the entire book to see how the Sermon on the Mount fits into the rest of Matthew's account. For teaching to complement your reading, you can find the METWomen study "Encountering Jesus in Matthew" from Winter 2022 on the METWomen Ottawa YouTube channel.

TEACHING SCHEDULE

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Life in the Kingdom of Heaven (Introduction)

Week 2

A Kingdom of Blessing Matthew 5:1-12

Week 3

A Kingdom that Blesses Matthew 5:13-16

Week 4

Jesus' Kingdom Rule Matthew 5:17-20

Week 5

Called to Surpassing Righteousness Part I Matthew 5:21-32

Week 6

Called to Surpassing Righteousness Part 2 Matthew 5:33-48

Week 7

Called to Secret Righteousness Matthew 6:1-8

Week 8

Called to Kingdom Prayer Matthew 6:9-15

Week 9

Called to Kingdom Priorities Matthew 6:16-34

Week 10

Called to Kingdom Principles Matthew 7:1-12

Week I I

Entering the Kingdom of Heaven (Conclusion) Matthew 7:13-28

The Sermon on the Mount – Matthew 5-7 (ESV)

5 ¹ Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him.

The Beatitudes

- ² And he opened his mouth and taught them, saying:
- ³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- ⁴ "Blessed are those who mourn, for they shall be comforted.
- ⁵ "Blessed are the meek, for they shall inherit the earth.
- ⁶ "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
- ⁷ "Blessed are the merciful, for they shall receive mercy.
- ⁸ "Blessed are the pure in heart, for they shall see God.
- ⁹ "Blessed are the peacemakers, for they shall be called sons of God.
- ¹⁰ "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

¹¹ "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Salt and Light

¹³ "You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

¹⁴ "You are the light of the world. A city set on a hill cannot be hidden. ¹⁵ Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Christ Came to Fulfill the Law

¹⁷ "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. ¹⁸ For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished.

¹⁹ Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven,

but whoever does them and teaches them will be called great in the kingdom of heaven. ²⁰ For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Anger

²¹ "You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' 22 But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. ²³ So if you are offering your gift at the altar and there remember that your brother has something against you, 24 leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. 25 Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. ²⁶ Truly, I say to you, you will never get out until you have paid the last penny.

Lust

²⁷ "You have heard that it was said, 'You shall not commit adultery.' ²⁸ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. ²⁹ If your

right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. ³⁰ And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

Divorce

³¹ "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' ³² But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery.

Oaths

³³ "Again you have heard that it was said to those of old, 'You shall not swear falsely, but shall perform to the Lord what you have sworn.' ³⁴ But I say to you, Do not take an oath at all, either by heaven, for it is the throne of God, ³⁵ or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. ³⁶ And do not take an oath by your head, for you cannot make one hair white or black. ³⁷ Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil.

Retaliation

³⁸ "You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' ³⁹ But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also. ⁴⁰ And if anyone would sue you and take your tunic, let him have your cloak as well. ⁴¹ And if anyone forces you to go one mile, go with him two miles. ⁴² Give to the one who begs from you, and do not refuse the one who would borrow from you.

Love Your Enemies

⁴³ "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' ⁴⁴ But I say to you, Love your enemies and pray for those who persecute you, ⁴⁵ so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. ⁴⁶ For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? ⁴⁷ And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same? ⁴⁸ You therefore must be perfect, as your heavenly Father is perfect.

Giving to the Needy

6 1 "Beware of practicing your righteousness before

other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

² "Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward. ³ But when you give to the needy, do not let your left hand know what your right hand is doing, ⁴ so that your giving may be in secret. And your Father who sees in secret will reward you.

The Lord's Prayer

⁵ "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷ "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ Pray then like this:

"Our Father in heaven,
hallowed be your name.

10 Your kingdom come,
your will be done,
on earth as it is in heaven.

11 Give us this day our daily bread,
12 and forgive us our debts,
as we also have forgiven our debtors.

13 And lead us not into temptation,

but deliver us from evil.

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵ but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Fasting

¹⁶ "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Lay Up Treasures in Heaven

¹⁹ "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves

break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

²² "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, ²³ but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

²⁴ "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Do Not Be Anxious

²⁵ "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not

arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

³⁴ "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Judging Others

7 ¹ "Judge not, that you be not judged. ² For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. ³ Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? ⁴ Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? ⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

⁶ "Do not give dogs what is holy, and do not throw your pearls before pigs, lest they trample them underfoot and turn to attack you.

Ask, and It Will Be Given

⁷ "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ⁸ For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. ⁹ Or which one of you, if his son asks him for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a serpent? ¹¹ If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

The Golden Rule

¹² "So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.

¹³ "Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. ¹⁴ For the gate is narrow and the way is hard that leads to life, and those who find it are few.

A Tree and Its Fruit

¹⁵ "Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. ¹⁶ You will recognize them by their fruits. Are grapes gathered from thornbushes, or figs from thistles? ¹⁷ So, every healthy tree bears good fruit, but the

diseased tree bears bad fruit. ¹⁸ A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire. ²⁰ Thus you will recognize them by their fruits.

I Never Knew You

²¹ "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. ²² On that day many will say to me, 'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' ²³ And then will I declare to them, 'I never knew you; depart from me, you workers of lawlessness.'

Build Your House on the Rock

²⁴ "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. ²⁵ And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. ²⁶ And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. ²⁷ And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."

The Authority of Jesus

²⁸ And when Jesus finished these sayings, the crowds were astonished at his teaching, ²⁹ for he was teaching them as one who had authority, and not as their scribes.

The Sermon on the Mount – Matthew 5-7 (KJV)

- 7 ¹ And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him:
- ² And he opened his mouth, and taught them, saying,
- ³ Blessed are the poor in spirit: for theirs is the kingdom of heaven.
- ⁴ Blessed are they that mourn: for they shall be comforted.
- ⁵ Blessed are the meek: for they shall inherit the earth.
- ⁶ Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
- ⁷ Blessed are the merciful: for they shall obtain mercy.
- ⁸ Blessed are the pure in heart: for they shall see God.
- ⁹ Blessed are the peacemakers: for they shall be called the children of God.
- ¹⁰ Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

- ¹¹ Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.
- ¹² Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.
- ¹³ Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.
- ¹⁴ Ye are the light of the world. A city that is set on an hill cannot be hid.
- ¹⁵ Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.
- ¹⁶ Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.
- ¹⁷ Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.
- ¹⁸ For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.
- ¹⁹ Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same

shall be called great in the kingdom of heaven.

- ²⁰ For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.
- ²¹ Ye have heard that it was said of them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment:
- ²² But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.
- ²³ Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee;
- ²⁴ Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.
- ²⁵ Agree with thine adversary quickly, whiles thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.
- ²⁶ Verily I say unto thee, Thou shalt by no means come out thence, till thou hast paid the uttermost farthing.

- ²⁷ Ye have heard that it was said by them of old time, Thou shalt not commit adultery:
- ²⁸ But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.
- ²⁹ And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.
- ³⁰ And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.
- ³¹ It hath been said, Whosoever shall put away his wife, let him give her a writing of divorcement:
- ³² But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.
- ³³ Again, ye have heard that it hath been said by them of old time, Thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths:
- ³⁴ But I say unto you, Swear not at all; neither by heaven; for it is God's throne:
- ³⁵ Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King.

- ³⁶ Neither shalt thou swear by thy head, because thou canst not make one hair white or black.
- ³⁷ But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.
- ³⁸ Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth:
- ³⁹ But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.
- ⁴⁰ And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also.
- ⁴¹ And whosoever shall compel thee to go a mile, go with him twain.
- ⁴² Give to him that asketh thee, and from him that would borrow of thee turn not thou away.
- ⁴³ Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.
- ⁴⁴ But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;
- ⁴⁵ That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

- ⁴⁶ For if ye love them which love you, what reward have ye? do not even the publicans the same?
- ⁴⁷ And if ye salute your brethren only, what do ye more than others? do not even the publicans so?
- ⁴⁸ Be ye therefore perfect, even as your Father which is in heaven is perfect.
- 6 ¹ Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.
- ² Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward.
- ³ But when thou doest alms, let not thy left hand know what thy right hand doeth:
- ⁴ That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.
- ⁵ And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.
- ⁶ But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in

secret shall reward thee openly.

- ⁷ But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.
- ⁸ Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.
- ⁹ After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.
- ¹⁰ Thy kingdom come, Thy will be done in earth, as it is in heaven.
- ¹¹ Give us this day our daily bread.
- ¹² And forgive us our debts, as we forgive our debtors.
- ¹³ And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.
- ¹⁴ For if ye forgive men their trespasses, your heavenly Father will also forgive you:
- ¹⁵ But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.
- ¹⁶ Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

- ¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face;
- ¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.
- ¹⁹ Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:
- ²⁰ But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:
- ²¹ For where your treasure is, there will your heart be also.
- ²² The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.
- ²³ But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!
- ²⁴ No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.
- ²⁵ Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

- ²⁶ Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?
- ²⁷ Which of you by taking thought can add one cubit unto his stature?
- ²⁸ And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:
- ²⁹ And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.
- ³⁰ Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?
- ³¹ Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?
- ³² (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.
- ³³ But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.
- ³⁴ Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

- 7 ¹ Judge not, that ye be not judged.
- ² For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.
- ³ And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?
- ⁴ Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye?
- ⁵ Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.
- ⁶ Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.
- ⁷ Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:
- ⁸ For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.
- ⁹ Or what man is there of you, whom if his son ask bread, will he give him a stone?
- ¹⁰ Or if he ask a fish, will he give him a serpent?
- ¹¹ If ye then, being evil, know how to give good gifts unto your children, how much more shall your

Father which is in heaven give good things to them that ask him?

- ¹² Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.
- ¹³ Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:
- ¹⁴ Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.
- ¹⁵ Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves.
- ¹⁶ Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?
- ¹⁷ Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.
- ¹⁸ A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit.
- ¹⁹ Every tree that bringeth not forth good fruit is hewn down, and cast into the fire.
- ²⁰ Wherefore by their fruits ye shall know them.
- ²¹ Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.
- ²² Many will say to me in that day, Lord, Lord, have

we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works?

- ²³ And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.
- ²⁴ Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:
- ²⁵ And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.
- ²⁶ And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:
- ²⁷ And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.
- ²⁸ And it came to pass, when Jesus had ended these sayings, the people were astonished at his doctrine:
- ²⁹ For he taught them as one having authority, and not as the scribes.

The Sermon on the Mount – Matthew 5-7 (NIV)

5 ¹ Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them.

The Beatitudes

He said:

- ³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- ⁴ Blessed are those who mourn, for they will be comforted.
- ⁵ Blessed are the meek, for they will inherit the earth.
- ⁶ Blessed are those who hunger and thirst for righteousness,
- for they will be filled.
- ⁷ Blessed are the merciful, for they will be shown mercy.
- ⁸ Blessed are the pure in heart, for they will see God.
- ⁹ Blessed are the peacemakers, for they will be called children of God.
- ¹⁰ Blessed are those who are persecuted because of righteousness,
- for theirs is the kingdom of heaven.

¹¹ "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Salt and Light

¹³ "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

¹⁴ "You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

The Fulfillment of the Law

¹⁷ "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. ¹⁸ For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. ¹⁹ Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but

whoever practices and teaches these commands will be called great in the kingdom of heaven. ²⁰ For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.

Murder

²¹ "You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' ²² But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell.

²³ "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

²⁵ "Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. ²⁶ Truly I tell you, you will not get out until you have paid the last penny.

Adultery

²⁷ "You have heard that it was said, 'You shall not commit adultery.' ²⁸ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. ²⁹ If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. ³⁰ And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.

Divorce

³¹ "It has been said, 'Anyone who divorces his wife must give her a certificate of divorce.' ³² But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery.

Oaths

³³ "Again, you have heard that it was said to the people long ago, 'Do not break your oath, but fulfill to the Lord the vows you have made.' ³⁴ But I tell you, do not swear an oath at all: either by heaven, for it is God's throne; ³⁵ or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. ³⁶ And do not swear by your head, for you cannot make

even one hair white or black. ³⁷ All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.

Eye for Eye

³⁸ "You have heard that it was said, 'Eye for eye, and tooth for tooth.' ³⁹ But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. ⁴⁰ And if anyone wants to sue you and take your shirt, hand over your coat as well. ⁴¹ If anyone forces you to go one mile, go with them two miles. ⁴² Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

Love for Enemies

43 "You have heard that it was said, 'Love your neighbor and hate your enemy.' 44 But I tell you, love your enemies and pray for those who persecute you, 45 that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. 46 If you love those who love you, what reward will you get? Are not even the tax collectors doing that? 47 And if you greet only your own people, what are you doing more than others? Do not even pagans do that? 48 Be perfect, therefore, as your heavenly Father is perfect.

Giving to the Needy

6 ¹ "Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

² "So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. ³ But when you give to the needy, do not let your left hand know what your right hand is doing, ⁴ so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

Prayer

⁵ "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. ⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

⁹ "This, then, is how you should pray:

"'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts,

as we also have forgiven our debtors.

13 And lead us not into temptation,

And lead us not into temptation, but deliver us from the evil one.'

¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.

Fasting

¹⁶ "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Treasures in Heaven

¹⁹ "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves

break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

²² "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. ²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

²⁴ "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

Do Not Worry

²⁵ "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is

how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Judging Others

7 ¹ "Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

³ "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? ⁴ How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? ⁵ You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

⁶ "Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces.

Ask, Seek, Knock

⁷ "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

⁹ "Which of you, if your son asks for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a snake? ¹¹ If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! ¹² So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

The Narrow and Wide Gates

¹³ "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life, and only a few find it.

True and False Prophets

¹⁵ "Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves. ¹⁶ By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? ¹⁷ Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. ¹⁸ A good tree cannot

bear bad fruit, and a bad tree cannot bear good fruit.

19 Every tree that does not bear good fruit is cut down and thrown into the fire. 20 Thus, by their fruit you will recognize them.

True and False Disciples

²¹ "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. ²² Many will say to me on that day, 'Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?' ²³ Then I will tell them plainly, 'I never knew you. Away from me, you evildoers!'

The Wise and Foolish Builders

²⁴ "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶ But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. ²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."

²⁸ When Jesus had finished saying these things, the

crowds were amazed at his teaching, ²⁹ because he taught as one who had authority, and not as their teachers of the law.

STUDY QUESTIONS

Observe: What does it say?

- 1. Who is Jesus speaking to or about in the key passage? What is He saying?
- 2. How does this week's key passage connect to or flow from what preceded it?
- 3. Is there anything in this key passage that relates to another part of the Sermon on the Mount or the book of Matthew?
- 4. Was there anything in this key passage that confused or startled you? What was it and why? How could you investigate this further?

Consider: What does it mean?

- 5. Are there any repeated words/phrases in this key passage? Why do you think these might be significant?
- 6. What does this key passage teach you about the Lord Jesus and His gospel?
- 7. What does this reveal about human nature, character, and behaviour?
- 8. There are 4 main themes in the Sermon on the Mount:
 - The Kingdom
 - Reward and Blessing
 - Heavenly Father
 - True Righteousness vs Hypocrisy

Do you see any of them in this key passage? How do these verses add to your understanding of that theme?

9. Are there any commands, promises, or warnings in the key passage? If so, what are they?

Respond: With God's help, how can I respond to what I have read?

- 10. What does this key passage teach you about God, His character, and His ways? How does this change your response to Him?
- II. Is there an attitude or action for you to repent of after considering these verses? Is there a step of obedience you need to take?
- 12. How does this key passage lead you to pray or worship differently?

Week I - Notes

LIFE IN THE KINGDOM OF HEAVEN (INTRODUCTION)

Week I – Notes

LIFE IN THE KINGDOM OF HEAVEN

(INTRODUCTION)

Week I – Prayer Requests

Week 2

A KINGDOM BLESSING

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 5:1-12

Reflect: After you have finished reading the entire sermon, paying particular attention to the key passage, turn to the study questions on pages 37-38. Choose one or two questions from each category and answer them in the space provided. Note: you are not expected to apply the study questions to the whole sermon, but just to this week's key passage recorded above.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 2 – Notes A KINGDOM BLESSING

Week 2 – Notes A KINGDOM BLESSING

Week 2 – Prayer Requests

Week 3

A KINGDOM THAT BLESSES

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 5:13-16

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 3 – Notes A KINGDOM THAT BLESSES

Week 3 – Notes A KINGDOM THAT BLESSES

Week 3 – Prayer Requests

Week 4

JESUS⁹ KINGDOM RULE

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 5:17-20

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 4 – Notes JESUS⁹ KINGDOM RULE

Week 4 – Notes JESUS⁹ KINGDOM RULE

Week 4 – Prayer Requests

Week 5

CALLED TO SURPASSING RIGHTEOUSNESS

PART 1

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 5:21-32

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 5 – Notes CALLED TO SURPASSING RIGHTEOUSNESS PART 1

Week 5 – Notes

CALLED TO SURPASSING RIGHTEOUSNESS

PART 1

Week 5 – Prayer Requests

Week 6

CALLED TO SURPASSING RIGHTEOUSNESS

PART 2

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 5:33-48

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 6 – Notes

CALLED TO SURPASSING RIGHTEOUSNESS

PART 2

Week 6 – Notes CALLED TO SURPASSING RIGHTEOUSNESS PART 2

Week 6 – Prayer Requests

Week 7

CALLED TO SECRET RIGHTEOUSNESS

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 6:1-8

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 7 – Notes CALLED TO SECRET RIGHTEOUSNESS

Week 7 – Notes CALLED TO SECRET RIGHTEOUSNESS

Week 7 – Prayer Requests

Week 8

CALLED TO KINGDOM PRAYER

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 6:9-15

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 8 – Notes CALLED TO KINGDOM PRAYER

Week 8 – Notes CALLED TO KINGDOM PRAYER

Week 8 – Prayer Requests

Week 9

CALLED TO KINGDOM PRIORITIES

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 6:16-34

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 9 – Notes CALLED TO KINGDOM PRIORITIES

Week 9 – Notes CALLED TO KINGDOM PRIORITIES

Week 9 – Prayer Requests

Week 10

CALLED TO KINGDOM PRINCIPLES

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 7:1-12

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 10 – Notes CALLED TO KINGDOM PRINCIPLES

Week 10 – Notes CALLED TO KINGDOM PRINCIPLES

Week 10 – Prayer Requests

Week II

ENTERING THE KINGDOM OF HEAVEN (CONCLUSION)

Pray: Ask for God's help as you read His Word, to understand and to be changed by the power of His Spirit.

Read: The Sermon on the Mount, Matthew 5-7

Key Passage: Matthew 7:13-28

Reflect: Choose one or two questions from each category on pages

37-38 and answer them in the space provided.

Observe: Question(s) #

Consider: Question(s) #

Respond: Question(s) #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week II – Notes ENTERING THE KINGDOM OF HEAVEN (CONCLUSION)

Week II – Notes ENTERING THE KINGDOM OF HEAVEN (CONCLUSION)

Week II – Prayer Requests

FOR ADDITIONAL STUDY

ESV Study Bible

Jesus' Sermon on the Mount and His Confrontation of the World, D.A. Carson

Matthew, R.T. France, Tyndale New Testament Commentaries

The Message of the Sermon on the Mount, John Stott

NIV Biblical Theology Study Bible

Sermon on the Mount Bible Study, Jen Wilkin

The Sermon on the Mount and Human Flourishing: A Theological Commentary, Jonathan T. Pennington

Studies in the Sermon on the Mount, D. Martin Lloyd Jones