



The JESUS Way

Overview:

A study of the “six antitheses” of Matthew 5 in Jesus’ sermon on the mount. The teachings of Jesus move us beyond the letter of the law to the spirit behind it - resulting in a radically new way to live.

Lessons:

1. Anger Management the Jesus Way
2. Radical Sexual Purity the Jesus Way
3. The Jesus Way of Saving Your Marriage
4. Keeping Your Word the Jesus Way
5. Be the Bigger Person the Jesus Way
6. Love Your Enemies the Jesus Way



ANGER MANAGEMENT THE JESUS WAY

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TALKING POINTS

When we get angry we just want to make people pay for their offense. The radical kingdom ethic of Jesus calls us to reconciliation.

- Murder is just the tip of the iceberg for anger – but there's more that _____ beneath the surface. From simple name-calling to cursing someone, anger can come out in all kinds of ways - and it's usually destructive. Matthew 5:21-22
- The key to victory over anger is to see yourself as the _____, not the offended. This is one of Christ's radical principles – to look first at things from another person's perspective. That's how you overcome anger, or any other self-serving emotion. Matthew 5:23-25
- The way of Jesus goes beyond anger to _____ – otherwise you'll be the one paying the price. Jesus calls it being "subject to judgment" – whether on earth or in heaven. Matthew 6:14-15

DISCUSSION

1. *Share the last time you lashed out in anger. How did your anger get you in trouble?*
2. *Read Matthew 5:21-22. What are some of the "unseen/unspoken" things you think in your heart and mind when you're angry? How are those things toxic and dangerous?*
3. *Read Matthew 5:23-24. Why is it a radical idea to first think of yourself as the "offender"? How can considering other's perspectives help you to control your anger?*
4. *Read Matthew 6:14-15 and Colossians 3:12-13. What does reconciliation look like practically? Why is forgiveness necessary for true reconciliation?*

RADICAL SEXUAL PURITY

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TALKING POINTS

Sexual sin is nothing new, but today's hypersexual culture has something to learn from the timeless teachings of Jesus.

- Adultery is just the tip of the iceberg for lust – and it's all rooted in seeing people as _____. Purity allows for the true admiration of another person. Matthew 5:27-28, Exodus 20:14
- Sexual sin follows a predictable pattern: first _____, then _____, and finally _____. Ultimately, it leads to death. Proverbs 4:25-27, Job 31:1
- Jesus taught us to radically _____ the threat. If you're losing the battle, cut off the temptation triggers: apps, movies, TV. Then _____ them with things of God. Colossians 3:1-3

DISCUSSION

1. *How does our culture portray lust? What are some real consequences for lustful pursuits?*
2. *Read Matthew 5:27-28. How can lust be seen as "stealing" from someone else? How does lust objectify someone?*
3. *Read Proverbs 4:25-27 and Numbers 15:37-39. What are some practical ways you can guard your eyes from temptation? How could wearing something like a bracelet help to keep your eyes disciplined?*
4. *Read Proverbs 4:23. What happens in your life when lust takes over? How has lust taken you off course in the past?*
5. *Read James 1:15. What does James mean that sin leads to death? How have you seen sexual sin destroy lives?*
6. *Read Matthew 5:29-30. What are some radical things people in your life have done to eliminate a threat? Where are you vulnerable?*
7. *Read Colossians 3:1-3. Review the triecta for christian living. Which of the three do you need to grow in most?*

SAVING YOUR MARRIAGE

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TALKING POINTS

Marriage can be hard but Jesus models the type of love that can help you go the distance.

- Marriage was _____ idea, and it's about more than just a piece of paper. God's vision was to _____ men, women, and their children with a holy union. Genesis 2:18,24, Mark 10:4-6
- Divorce is not the _____ way out. It creates a _____ effect that disrupts the whole family. Matthew 5:32, Malachi 2:15-16
- The Jesus Way teaches us to be _____ and fight for our marriages. Marriage is a living illustration of God's commitment to us. Ephesians 5:25-26

DISCUSSION

1. *How has divorce impacted your life or that of someone close to you?*
2. *Read Genesis 2:18,24. What do you think God meant that "two become one"? What is the intended mindset of this picture? How does a healthy marriage bless an entire family?*
3. *Read Mark 10:4-6. What does a hardened heart look like? How have you seen couples sabotage their marriage due to their attitude?*
4. *Read Matthew 5:32 and Malachi 2:15-16. Women depended on men for financial provision. What are some of the ripple effects we see in families from divorce today?*
5. *What are some common reasons people choose to divorce? How does guarding one's heart from the start help to protect against those reasons in the future?*
6. *Read Ephesians 5:25-26. Jesus modeled selfless love. What does this type of love look like in marriage? How do you need to grow in the quality of your love for your spouse?*

NOTES



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KEEPING YOUR WORD

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TALKING POINTS

When someone breaks a promise, the consequences can be devastating. That's why Jesus wants us to simply tell the truth.

- The Pharisees made a _____ out of vows - creating a loophole that undermined God's original intent. The Pharisees essentially taught that your words don't have value unless you make a certain oath. Matthew 5:33-37
- Jesus is not _____ oaths; he's telling us not to play games with the truth. _____ we say is under the flagship of the ultimate Oath-Keeper. Proverbs 10:9, James 5:12
- When our words _____ be trusted, it's hard to point people to a God who can be. Hebrews 6:17-19

DISCUSSION

1. *Have you or someone you know been falsely accused of something? How did that impact your/their life? Why is the truth so important in these situations?*
2. *Read Matthew 5:33-37 and Matthew 23:16-19. What are some loopholes people use today to break promises?*
3. *Read Numbers 23:19. God is the ultimate oath-keeper. What is ultimately exposed in people who don't keep their oaths?*
4. *Read Proverbs 10:9 and James 5:12. What does James mean by "let your yes be yes"? How have you been guilty of breaking a promise because you waffled or were noncommittal? How did that disappoint those involved?*
5. *Read Hebrews 6:17-19. Would you say the people in your life are confident that you will keep your word? Explain. How do you need to grow in truth-telling?*

BE THE BIGGER PERSON

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TALKING POINTS

Setting boundaries as a Christian looks a little different than how the world does it. Jesus calls us to be a blessing when vengeance feels more natural.

- Take an _____ when you want to hit back. When someone slaps you in the face, hang in there for another one. Matthew 5:38-42
- Be a _____ when you have every right not to be. Just because you would win in court does not mean you always have to go there. 1 Peter 2:21-23
- Go the _____ mile when you get a tough assignment. Have a servant's heart, because if you don't serve someone else will have to.
- Be _____ when you find someone in need. Look out for these non-Christian traits: hard-hearted, mean-spirited, grudging, tightfisted. Deuteronomy 15:7-11

DISCUSSION

1. *Share a time you were the bigger person in a conflict. What was required of you and what was the result?*
2. *Read Leviticus 19:17-18. Share a time you were insulted by someone. How did you respond? How do these verses challenge you regarding that person?*
3. *Read Exodus 22:26-27 and 1 Peter 2:21-23. What are some examples of ways Christians can choose to bless instead of taking lawful action in a situation? Do you know someone who's done that? Explain.*
4. *Read Deuteronomy 15:7-11. Share a time someone has been really generous toward you. How did that impact you?*
5. *Read Ezekiel 36:26-27. How have you been guilty of being hard-hearted or tightfisted with your money? What will you do to grow in this area?*

LOVE YOUR ENEMIES

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TALKING POINTS

Jesus says to love our neighbor and our enemy. How is that even possible?

- God never actually _____ to love your neighbor and hate your enemy. Our culture has _____ the idea of hate for those who wrong you. Matthew 5:43-44, Leviticus 19:18
- The world's way _____ us, but the Jesus Way sets us free. When you hate your enemy you camouflage your sin and you're _____ in bitterness which only chains you to your enemy.
- When you love your enemy you can be _____ about your own sin which gives you a willingness to _____ and connects you to the "yoke" of Jesus. Matthew 11:29-30, Matthew 5:46-47
- _____ our enemies is the ultimate expression of the Jesus Way. Be good even to those who aren't good to you. Matthew 5:45, Romans 5:10-11

DISCUSSION

1. *Who is your enemy or a difficult person to love in your life? Explain.*
2. *Read Matthew 5:43-44 and Leviticus 19:18. Why do people like to be bitter? How does bitterness tend to enslave us?*
3. *Read Matthew 11:29-30. How have you been carrying around a burden of hatred toward someone? What would it look like to give it over to Jesus?*
4. *Read Matthew 5:46-47. What is Jesus' point here? Who do you need to forgive and what does that look like for you?*
5. *Read Romans 5:10-11. What did Jesus model for us? How does Jesus' willingness to love you despite your offenses change the way you look at those who offend you? How can you bless those who have dishonored you?*

