

## SERMON-BASED STUDY GUIDE

SERMON ON THE MOUNT – Week 5 – *The “Rules” of Christianity*

October 8, 2023

### DIGGING IN:

1. What are some of the “rules” you grew up with (whether Christian or otherwise)?  
Were these rules helpful or unhelpful?
2. What was something in Sunday’s message that stood out to you? A brief listing of some of the points is below – glance over it to jog your memory. It could be something that encouraged, challenged, or puzzled you, or points you agree or disagree with.
  - Jesus didn’t come to get rid of the law, but to make it the way it was always supposed to be.
  - Invitation #1 – To trust Jesus as your guide on how to live
  - Jesus says not to throw his commands aside, but to practice and teach them.
  - Are there pieces of what Jesus says that I don’t like?
  - Have I decided that I trust Jesus, and therefore trust what He says about how to live my life?  
Or am I trying to figure out if I trust what Jesus says, and if I do then I’ll figure out whether I trust Him?
  - Invitation #2 – To live from a transformed heart: “Religion asks us to play a part; Jesus offers a transformed heart.” (Instead of “trying,” let Jesus transform your heart)
  - “The best give you can give is your transformed heart.”

### MAKING IT REAL:

3. Read through Matthew 5-7 - The Sermon on the Mount. Make notes about commands you really appreciate as well as rules that you might object to or have a hard time with.
4. What is the difference between “trying” to live according to Jesus’ rules, and living from a transformed heart? (To help you think about this – What are some behaviors or attitudes you notice in *other* people when they are “trying” instead of living from a transformed heart? What do you notice in *yourself*?)

5. Why might it be sometimes easier to “obey rules” than to live from a transformed heart? What makes us shy away from actually looking at our heart and seeing where Jesus might want to transform us?

## PRAYER IDEAS

Take some time in the quiet for each person to write down and pray about an area of their life where they need Jesus to transform their heart, and to pray about it.

If there is time left, ask for prayer requests. As each request is shared, ask for a volunteer to pray for it.

## ADDITIONAL RESOURCES

### *Red Couch Theology Podcast*

If you or group members have questions around parts of the sermon that are not included in the discussion guide, it’s always helpful to listen to *Red Couch Theology*, where Alex and Aaron talk about the sermon and answer questions that come in from people in the congregation. <https://guysdrinkingtea.podbean.com/>

### *Waking the Dead* by John Eldridge

A deep dive into the idea of the transformed heart.