

SERMON ON THE MOUNT



INTRODUCTION

Thank you for joining the Desert Springs Bible Church family in this study. Our goal is to equip you to live as a disciple of Jesus.

As you engage in this study, consider what next steps Jesus is calling you to take. We would love to help in any way we can. Discover your next steps at www.dsbc.church/next.

We are thrilled that you are joining us for this study. We believe it will be both empowering and transformative. We are praying that during this season you will experience a deeper understanding of who Jesus is and how much He loves you!

-Team DSBC

SERMON SCHEDULE

09/07/2025	Matthew 5:1-2
09/14/2025	Matthew 5:3-12
09/21/2025	Matthew 5:13-20
09/28/2025	Matthew 5:21-42
10/05/2025	Matthew 5:43-48
10/12/2025	Matthew 6:9-15
10/19/2025	Matthew 6:1-8
10/26/2025	Matthew 6:16-34
11/02/2025	Matthew 7:7-12
11/09/2025	Matthew 7:1-6
11/16/2025	Matthew 7:13-23
11/23/2025	Matthew 7:24-29

A FEW NOTES ABOUT THIS STUDY

This study is designed to help you grow as a disciple of Jesus. Whether you have followed Him for a long time, a short time, or are still trying to figure Jesus out, this study is for you!

A few quick notes:

1. This study guide serves as a companion to the Sermon on the Mount (Matthew 5-7) sermon series at DSBC. We encourage you to take notes during the sermons, reflect, and then discuss with others. To view past sermons, visit dsbc.church/sermons.
2. This series engages some topics that may be difficult to understand (Hell, divorce, politics). We invite you to join us for Midweek gatherings on select nights during this series for thoughtful, hospitable conversations on these topics led by Pastor Caleb. Register at dsbc.church/events.
3. God will often use other people's perspectives to deepen our understanding of Him. Consider joining a community group. The discussion questions at the beginning of each chapter are built to provoke thought and encourage authentic conversation.
4. If you would like a deeper study on the Sermon on the Mount, we have curated a list of helpful resources at dsbc.church/sotm.

THE SERMON ON THE MOUNT

Matthew 5-7 - Christian Standard Bible Translation

^{5:1} When he saw the crowds, he went up the mountain. After he sat down his disciples came to him. ² Then he began to teach them by saying:

³ “Blessed are the poor in spirit, for the kingdom of heaven belongs to them.

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 satisfied.

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 the children of God.

¹⁰ Blessed are those who are persecuted for righteousness, for the kingdom of heaven belongs to them.

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

Salt and Light

¹³ “You are the salt of the earth. But if salt loses its flavor, how can it be made salty again? It is no longer good for anything except to be thrown out and trampled on by people! ¹⁴ You are the light of the world. A city located on a hill cannot be hidden. ¹⁵ People do not light a lamp and put it under a basket but on a lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before people, so that they can see your good deeds and give honor to your Father in heaven.

The Law and Prophets

¹⁷ “Do not think that I have come to abolish the law or the prophets. I have not come to abolish these things but to fulfill them. ¹⁸ I tell you the truth, until heaven and earth pass away not the smallest letter or stroke of a letter will pass from the law until everything takes place. ¹⁹ So anyone who breaks one of the least of these commands and teaches others to do so will be called least in the kingdom of heaven, but whoever obeys them and teaches others to do so will be called great in the kingdom of heaven. ²⁰ For I tell you, unless your righteousness goes beyond that of the experts in the law and the Pharisees, you will never enter the kingdom of heaven!

Marriage, Oaths, and Retaliation

²¹ “You have heard that it was said to an older generation, ‘*Do not murder,*’ and ‘whoever murders will be subjected to judgment.’ ²² But I say to you that anyone who is angry with a brother will be subjected to judgment. And whoever insults a brother will be brought before the council, and whoever says ‘Fool’ will be sent to fiery hell. ²³ So then, if

you bring your gift to the altar and there you remember that your brother has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to your brother and then come and present your gift. ²⁵ Reach agreement quickly with your accuser while on the way to court, or he may hand you over to the judge, and the judge hand you over to the warden, and you will be thrown into prison. ²⁶ I tell you the truth, you will never get out of there until you have paid the last penny!

²⁷ “You have heard that it was said, ‘*Do not commit adultery.*’ ²⁸ But I say to you that whoever looks at a woman to desire her 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! It is better to lose one of your members than to have your whole body thrown into hell. ³⁰ If your right hand causes you to sin, cut it off and throw it away! It is better to lose one of your members than to have your whole body go into hell.

³¹ “It was said, ‘*Whoever divorces his wife must give her a legal document.*’ ³² But I say to you that everyone who divorces his wife, except for immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery.

³³ “Again, you have heard that it was said to an older generation, ‘*Do not break an oath, but fulfill your vows to the Lord.*’

³⁴ But I say to you, do not take oaths at all—not by heaven because it is the throne of God, ³⁵ not by earth because it is his footstool, and not by Jerusalem because it is the city

of the great King. ³⁶ Do not take an oath by your head because you are not able to make one hair white or black. ³⁷ Let your word be 'Yes, yes' or 'No, no.' More than this is from the evil one.

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 evildoer. But whoever strikes you on the right cheek, turn the other to him as well. ⁴⁰ And if someone wants to sue you and take your tunic, let him have your coat also. ⁴¹ And if anyone forces you to go one mile, go with him two. ⁴² Give to the one who asks you, and do not reject 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 say to you, love your enemy and pray for those who persecute you, ⁴⁵ so that you may be like your Father in heaven, since he causes the sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. ⁴⁶ For if you love those who love you, what reward do you have? Even the tax collectors do the same, don't they? ⁴⁷ And if you only greet your brothers, what more do you do? Even the Gentiles do the same, don't they? ⁴⁸ So then, be perfect, as your heavenly Father is perfect.

Pure-Hearted Giving

^{6:1} "Be careful not to display your righteousness merely to be seen by people. Otherwise you have no reward with your Father in heaven. ² Thus whenever you do charitable giving, do not blow a trumpet before you, as the hypocrites do in synagogues and on streets so that people

will praise them. I tell you the truth, they have their reward! ³ But when you do your giving, do not let your left hand know what your right hand is doing, ⁴ so that your gift may be in secret. And your Father, who sees in secret, will reward you.

Prayer

⁵ “Whenever you pray, do not be like the hypocrites because they love to pray while standing in synagogues and on street corners so that people can see them. Truly I say to you, they have their reward! ⁶ But whenever you pray, go into your inner room, close the door, and pray to your Father in secret. And your Father, who sees in secret, will reward you. ⁷ When you pray, do not babble repetitiously like the Gentiles because they think that by their many words they will be heard. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ So pray this way:

“Our Father in heaven, may your name be honored,

¹⁰ may your kingdom come, may 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 ourselves have forgiven our debtors.

¹³ And do not lead us into temptation, but deliver us from the evil one.

¹⁴ “For if you forgive others their sins, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others, your Father will not forgive you your sins.

Provision, Wealth, and Worry

¹⁶ “When you fast, do not look sullen like the hypocrites, for they make their faces unattractive so that people will see them fasting. I tell you the truth, they have their reward! ¹⁷ When you fast, anoint your head and wash your face, ¹⁸ so that it will not be obvious to others when you are fasting, but only to your Father who is in secret. And your Father, who sees in secret, will reward you.

¹⁹ “Do not accumulate for yourselves treasures on earth, where moth and devouring insect destroy and where thieves break in and steal. ²⁰ But accumulate for yourselves treasures in heaven, where moth and devouring insect do not destroy, and 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 then your eye is healthy, your whole body will be full of light. ²³ But if your eye is diseased, 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.

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. Isn’t there more to life than food and more to the body than clothing? ²⁶ Look at the birds in the sky: They do not sow, or reap, or gather into barns, yet your heavenly Father feeds them. Aren’t you more valuable than they

are? ²⁷ And which of you by worrying can add even one hour to his life? ²⁸ Why do you worry about clothing? Think about how the flowers of the field grow; they do not work or spin. ²⁹ Yet I tell you that not even Solomon in all his glory was clothed like one of these! ³⁰ And if this is how God clothes the wild grass, which is here today and tomorrow is tossed into the fire to heat the oven, won't he clothe you even more, you people of little faith? ³¹ So then, don't worry saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' ³² For the unconverted pursue these things, and your heavenly Father knows that you need them. ³³ But above all pursue his kingdom and righteousness, and all these things will be given to you as well. ³⁴ So then, do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own.

Do Not Judge

^{7:1} "Do not judge so that you will not be judged. ² For by the standard you judge you will be judged, and the measure you use will be the measure you receive. ³ Why do you see the speck in your brother's eye, but fail to see the beam of wood in your own? ⁴ Or how can you say to your brother, 'Let me remove the speck from your eye,' while there is a beam in your own? ⁵ You hypocrite! First remove the beam from your own eye, and then you can see clearly to remove the speck from your brother's eye. ⁶ Do not give what is holy to dogs or throw your pearls before pigs; otherwise they will trample them under their feet and turn around 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 for you. ⁸ For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened. ⁹ Is there anyone among you who, if his 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, although 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 In everything, treat others as you would want them to treat you, for this fulfills the law and the prophets.

Living the Way of Jesus

¹³ “Enter through the narrow gate because the gate is wide and the way is spacious that leads to destruction, and there are many who enter through it. ¹⁴ How narrow is the gate and difficult the way that leads to life, and there are few who find it!

A Tree and Its Fruit

¹⁵ “Watch out for false prophets, who come to you in sheep’s clothing but inwardly are voracious wolves. ¹⁶ You will recognize them by their fruit. Grapes are not gathered from thorns or figs from thistles, are they? ¹⁷ In the same way, every good tree bears good fruit, but the bad tree bears bad fruit. ¹⁸ A good tree is not able to bear bad fruit, nor a bad tree to bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire. ²⁰ So then, you will recognize them by their fruit.

²¹ “Not everyone who says to me, ‘Lord, Lord,’ will enter into the kingdom of heaven—only the one who does the will of my Father in heaven. ²² On that day, many will say to me, ‘Lord, Lord, didn’t we prophesy in your name, and cast out demons in your name, and do many powerful deeds in your name?’ ²³ Then I will declare to them, ‘I never knew you. Go away from me, you lawbreakers!’

Hearing and Doing

²⁴ “Everyone who hears these words of mine and does them is like a wise man who built his house on rock. ²⁵ The rain fell, the flood came, and the winds beat against that house, but it did not collapse because its foundation had been laid on rock. ²⁶ Everyone who hears these words of mine and does not do them is like a foolish man who built his house on sand. ²⁷ The rain fell, the flood came, and the winds beat against that house, and it collapsed—it was utterly destroyed!”

²⁸ When Jesus finished saying these things, the crowds were amazed by his teaching, ²⁹ because he taught them like one who had authority, not like their experts in the law.

WAYS TO ENGAGE SCRIPTURE

The Bible contains different literary genres, helping Jesus' followers understand themselves, others, Creation, and God. Throughout the centuries, Christians have engaged in several practices to engage Scripture and find wisdom, encouragement, and spiritual formation. These practices are ***Lectio Divina, Reading Scripture with Sacred Imagination, Scripture Meditation, The Examen, and Bible Study.***

LECTIO DIVINA

Lectio Divina means “Divine or Sacred Reading.” This ancient practice invites us to move beyond reading to create a space that facilitates the whole person's engagement with Scripture. In its simplest form, Lectio Divina uses three stages (mapped in James 1:22-25) to engage a biblical passage and be transformed by God in the process.

Stage One seeks to understand the passage's message as intended by the author. Here, we identify questions, keywords, and thoughts. We then use tools like Bible dictionaries, commentaries, and personal reflection to answer our questions and understand the author's purpose.

Stage Two invites us to pay attention to our thoughts, emotions, and impressions as we engage the text. Practices like self-awareness, silence, and reflection can help us to discover our thoughts, priorities, beliefs, and personal story.

Stage Three is an invitation to examine our thoughts, feelings, intentions, and behavior in light of the selected text. This can increase self-awareness, opening the door to transformation.

Tips for Engaging in Lectio Divina

1. Use a Bible translation that is easy for you to read/hear.
2. Consider starting with familiar passages.
3. Find a quiet space with minimal distractions.
4. Cultivate time to quiet your mind, body, and soul.

READING WITH SACRED IMAGINATION

The Bible contains a massive story—God’s story, a narrative of God’s relationship with humanity. Using our sacred imagination is a way of reading Scripture that will help to bring this grand story to life and cultivate a deep connection to God’s word that can change our hearts. As we enter the stories of the Bible in our imagination, we find that the Word becomes alive and active and the Holy Spirit has an opportunity to speak to us.

Tips for Using Your Sacred Imagination

- Choose a Bible story to read—just one story. It can be long or short. Read it a couple of times to get the plot.
- Next, take a few deep breaths and quiet your soul and mind.
- Now, imagine yourself in this story. Notice the following:
 - What does the scene look like? Buildings, people, landscape.
 - What colors do you see?
 - What smells do you smell?
 - What textures do you notice?
 - WHO are you in this scene? What age are you? You can be anyone in this scene.
- Allow the story to unfold organically before you.

- Perhaps you want to talk to someone in the scene.
What do you want to say to them?
- Let the scene take shape and move forward for as long as you would like..
- When you are ready to end this exercise, take a moment to breathe deeply again.
- Consider the following questions:
 - Where were you most at home in this scene? Why?
 - Whom did you identify with? What was that connection about?
 - Focus your attention on Jesus/God/Spirit. How did He seem to you?
 - Is there anything God wants you to know about Himself? About yourself?
 - How do you find yourself responding to this scene?
 - Ask yourself if this encounter feels true.
 - Do you sense an invitation from God based on this encounter with Scripture?
- You may want to record this experience in a journal to look back on later. You are creating spiritual memories with God's Word!

MEDITATION

Meditation shares the goal targeted by all other spiritual formation practices—transformative awareness. It is based on the belief that humans are complex, layered, and sometimes resistant. As a result, awareness must be cultivated.

Meditation on Scripture invites us to look deeply at the text and notice our response(s) to it. The process of meditation can reveal questions, resistance, acceptance, and the readers' perspectives formed in families, culture, traditions, and painful or pleasant experiences.

Meditation uses a simple set of practices but requires flexibility in implementation. There are six core practices:

Noticing. While noticing is a core practice in most spiritual habits, it has a specific purpose in meditation. Meditation requires noticing more than just objects, events, or experiences. I can notice a sunset, but I can also notice the different shades of color, and if I stay in the moment, I can notice the changes as the sun sets. Also, meditative noticing would also pay attention to my experience of the setting sun. Am I happy, sad, overwhelmed, or distracted? Meditative noticing will challenge, affirm, invite, and open to transformation.

Curiosity. The curious person refuses simple and established interpretations and stays with the questions hidden by established answers. Meditation satisfies the itch of curiosity.

Questions. Questions are the engine that moves meditation forward. When we ask a question, we commit to the meditative process. Some great questions are: Why did he use this term? What was the historical context of this portion of Scripture? How do I feel when I read this passage? Why? The questions are unending, but the goal remains the same: How will I change to be more like Jesus?

Patience. Meditation requires us to slow down and pay attention. Patience gives meditation time to ripen and produce awareness leading to transformation.

Reflection. Reflection holds a single thought and turns it repeatedly, as the mind seeks to apply the passage to the reader's life.

Journal. Since meditation on a single passage may continue for several days or longer, keeping a journal is a great way to stay in the meditative process over time. It is also valuable to review the work of God in our lives over time.

THE EXAMEN

The Examen is a contemplative prayer that explores our deepest feelings and desires, sometimes called consolations and desolations. It is an invitation to introspection and deeper prayer with God.

Step One: Consolations

1. Ask God to bring to your awareness the moment today for which you are most grateful, which gave you strength, in which you felt the most energized and alive. Go back in your mind to the moment you woke up and then fast-forward through your day. If more than one consolation comes to mind, choose one to focus on.
2. After you locate this moment, step back into it and let yourself relive the joy of that event. Thank God for the consolation you experienced. Allow yourself a few moments to enjoy it again, stepping back into the life-giving moment you experienced.
3. Ask God to show you what it was about the event that gave you life. What was said and done that made that moment so life-giving? Sit still and wait for Him to respond. Have a conversation with God about it. If He does not say anything at this time, simply rest in His love for you.

Step Two: Desolations

1. Ask God to bring to your awareness the moment today for which you are least grateful, where you experienced sadness, shame, failure, or anger, where you felt life and energy being drained from you.
2. After you locate this moment, step back into it, and relive the feelings without trying to change or fix it in any way. Let yourself revisit your pain. It is important to be honest about painful emotions.
3. Ask God what it was about the event that made you so angry, sad, helpless, shameful, etc. Listen to what He says. Have a conversation with God about it. Ask Him to comfort you and fill you with His love. Sit in silence for a few moments.

Step Three: Thankfulness

Give thanks for whatever you have experienced during the day. Thank God for being present with you in your consolations and desolations.

GROUP DISCUSSION QUESTIONS

Understanding the Text

Exploring what the Scripture is communicating.

1. What words, phrases, themes, or images stood out to you in this passage?
2. How would you describe the historical or cultural situation Jesus is speaking into?
3. What actions, invitations, commands, or promises does Jesus make here?
4. How would you summarize Jesus' main point in these verses?

Reflecting on the Text

Exploring how the text impacts us now.

1. How does this passage make you feel about your life or your faith right now?
2. In what ways does this challenge or affirm how you've thought about following Jesus?
3. Can you think of examples (personal or societal) where this teaching feels especially relevant or difficult?
4. How does this compare with messages you've heard from culture, family, or church?

Interpreting the Text

Exploring the possible meanings and implications of the Scripture.

1. What does this passage reveal about the character and heart of God?
2. How does Jesus' teaching here contrast with other views of success, truth, justice, or righteousness?
3. How does this passage fit within the larger story of Scripture?

Applying the Text

Exploring how this Scripture might shape our lives today.

1. What do you think Jesus is inviting us to become through these words, not just what He's asking us to do?
2. How could embodying this teaching reshape your daily decisions, practices and/or relationships?
3. Where is Jesus inviting you to trust Him more deeply or obey Him more courageously?
4. How might our community (church, small group, family) live out this passage more faithfully?

EXPLORING THE TEXT WITH KIDS

This section is designed to help adults and kids explore Jesus' teachings together in a fun, reflective, and meaningful way. Use it around the table, at bedtime, or during a weekly family devotion time. Keep it simple and let everyone share!

Tips to Make it Fun and Engaging

- Use voices and actions when reading Scripture.
- Invite kids (and adults) to draw or doodle as they listen.
- Create a fun reading space, like a "tent" with blankets and pillows.
- Act out scenes together, or make it a guessing game ("What do you think happens next?").
- Let children take turns being the "discussion leader" with their own questions.
- Invite kids to help you create a prayer, song, or poem based on the Scripture.
- Play the "What Would That Look Like?" game: Take a teaching (e.g., "love your enemies") and brainstorm silly and serious examples of how to live it.

Responding with Grace When Kids Resist

- Acknowledge their feelings and share value points: "I get that you don't feel like doing this right now. I feel that way sometimes and then I remember how it has [grown my faith, helped me when..., encouraged me, helped set me up for the day]."
 - Avoid pressure or guilt. Instead, invite gently: "Let's just do one part together. You can help me decide which part."
 - Focus on connection, not completion. A brief moment of honest discussion is more valuable than checking every box.
 - Share your own struggles and joys with Bible reading. Let them see it's a journey, not a duty.
 - Remember: joy, laughter, and love often open hearts more than lectures ever will.
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Understanding the Story

Use storytelling, pictures, or dramatic reading when introducing the passage.

1. What is something you heard that surprised you or made you curious?
2. Were there any words or pictures Jesus used that stood out to you?
3. What was Jesus telling people to do, believe, or think differently about?
4. If you had to tell a friend what this story or teaching was about, what would you say?



Reflecting on the Message

Encourage personal connection using feeling words, wonder questions, and life examples.

1. How does this make you feel about God? Yourself? Other people?
2. Is anything in this story hard to understand or do? Why?
3. Have you ever seen someone live this out? Or tried to do it yourself?
4. What would it look like if your school/family/neighborhood lived this way?

Learning About God

Focus on the character of Jesus and how God is revealed through the teaching.

1. What do we learn about Jesus from this story?
2. What do you think matters most to Jesus here?
3. How is what Jesus says different from what we usually hear on TV, at school, or even in church sometimes?

Living It Out

Make room for concrete, creative action steps and community practice.

1. As you read this story, what do you think Jesus might want you to be or act like (kind, brave, patient...)?
2. Is there something you can do today or this week to practice what Jesus said?
3. How can we help each other live like this—as a family, small group, or church?
4. Who do you know that might need to hear or see this part of Jesus' teaching?

