THE SERMON ON THE MOUNT

LIFE IN THE KINGDOM

Week 5 — The Heart of the Matter
Matthew 5:27–30 | November 8, 2026

What if avoiding sinful actions isn’t the same as having a heart that loves what is good?

THE HEART — WHAT AM I ALLOWING TO GROW? vv. 27–28

Jesus moves beyond outward behavior to expose the desires and intentions of our hearts. We can avoid the outward act of sin while continuing to nurture it in our hearts.

THE EYE — WHAT AM I FEEDING? v. 29

What we repeatedly give our attention to can strengthen the desires of our hearts.

THE HAND — WHAT AM I HOLDING ON TO? v. 30

Repentance is more than feeling sorry. Jesus calls us to deal decisively with what causes us to stumble.

THE FOOT — WHERE IS THIS TAKING ME?

Matthew 18:8–9 | Proverbs 4:23–27

Our repeated choices shape the direction of our lives. Why are we sometimes tempted to preserve the very things we know are drawing us away from God?

THE GOSPEL — WHO CAN CHANGE MY HEART?

Ezekiel 36:26–27 | Romans 8:1, 13 | Titus 2:11–12

We need more than better behavior. We need a new heart. God’s grace forgives our sin, transforms our hearts, and trains us to walk in a new way of life.

Jesus isn’t merely teaching us to stop doing what is wrong. He’s teaching us to love what is good.

NOTES

THIS WEEK

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1. What am I feeding?

What am I regularly giving my attention to that may be shaping my desires in ways that draw me away from God?

2. What am I holding on to?

Is there something I am tempted to justify or preserve, even though I recognize that it may be causing me to stumble? Why might it be difficult to surrender?

3. Where is this taking me?

How are my repeated choices shaping the person I am becoming? What might it look like to take one meaningful step of repentance this week?

PRACTICE

Read Proverbs 4:23–27 each day this week.

Pay attention to the connection between your heart, eyes, and the direction of your life.

Ask God to reveal one area where your desires or habits need to change. Consider one practical step you can take to stop feeding what draws you away from Him and begin cultivating what is good.

Remember: We don’t obey to earn God’s love. We learn to obey because we belong to Him.

TALK ABOUT IT

What is the difference between feeling guilty about sin and genuinely repenting? How does God’s grace help us move beyond simply trying harder toward lasting transformation?

NEXT WEEK

Matthew 5:31–37 — Marriage, Integrity & Our Words