

SERMON ON THE MOUNT



SESSION 1

**Blessed
Are You**



SESSION 2

**Salt and
Light**



SESSION 3

**Prayer and
Fasting**



SESSION 4

**Do Not
Worry**



SESSION 5

**Judge
Not**



SESSION 6

**Build
on Rock**



A 6 SESSION **BIBLE STUDY**
FOR LENT

INTRODUCTION

“Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them” (Matthew 5:1-2). Jesus taught the listening crowds about being blessed, about living as salt and light, about anger and about love for one’s enemies. He taught them to pray in words we treasure as the Lord’s Prayer. And he taught them about true treasure. As his earthly ministry drew to an end, Jesus was led outside the city of Jerusalem to another mountain we now call Mount Calvary. There he sacrificed his life on the cross to win for us treasure in heaven, the true treasure of eternal life in his presence.



SESSION 1



Blessed Are You

*Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied. MATTHEW 5:6*

OPENING PRAYER

Heavenly Father, you sent Jesus our Lord to us, who willingly climbed Mount Calvary and laid down his life on the cross for us. Through him you have blessed us with the gifts of forgiveness and eternal life. We pray that you would bless us now through the study of your holy Word. Lead us by your Spirit to put what we will learn into practice so that we might be a blessing to others, in our families, in our church and in our community. Hear our prayer in the name of Jesus our Savior, who died and rose that we might live in your presence, now and forever. Amen.

DISCUSSION

What are some of the greatest blessings of your life?

INTRODUCTION

“Blessed is the one whose transgression is forgiven, whose sin is covered” (Psalm 32:1). During the season of Lent we follow our Lord Jesus as he takes up his final path to the cross, to the mount we call Calvary, where he laid down his life to save us. Though we are undeserving, through God’s grace in the death and resurrection of his Son, we are blessed, now and for all eternity. We are blessed because the blood of our Savior, shed on Calvary, “cleanses us from all sin” (1 John 1:7). Now we, in turn, can be a blessing to others, serving them in love and sharing with them the blessing of knowing their Savior.

MOURNING, MEEK AND HUNGRY

1. **Read Exodus 16:1-5, 13-18 and Exodus 17:1-7.** Although the people of Israel were blessed with freedom from slavery in Egypt and the hope of a new home, they were not satisfied. What were their complaints? Why were their complaints a “test of the LORD”? In both situations, how does the Lord satisfy their needs? Share, if you wish, a time when you wondered, as Israel did, “Is the LORD among us or not?” How did the Lord satisfy your needs?
2. We are very aware of our hunger and thirst and other physical needs, and we often cry out to God for his help in satisfying these needs. Through the power of the Holy Spirit, at work in the Law of God, we are brought to an awareness of our spiritual hunger and thirst for righteousness, of our desperate need for forgiveness for our sins. **Read Joel 2:12-19.** God is aware of our needs. What is his invitation for us? Why can we approach God without fear? God said to the Israelite exiles, “It is not for your sake, O house of Israel, that I am about to act, but for the sake of my holy name” (Ezekiel 36:22). What argument does the prophet Joel present before God as he argues for mercy for God’s people? How does the blessing of God’s forgiveness for us in Christ bring honor to his holy name?
3. There are those who reject God’s mercy and the blessings he wants to shower on them. They refuse to acknowledge their spiritual poverty and hunger. They reject the work of the Holy Spirit in their hearts and refuse

to mourn over their sins. In Luke's Gospel, Jesus announces the beatitudes, or blessings, as well as the "woes," warnings for those who reject the gifts of God. **Read Luke 6:20-26.** What brings woe, that is, grief and distress, to the people described by Jesus? **Read Luke 1:46-55.** How does Mary's song of praise reflect these "woes" in Jesus' teaching?

4. **Read Matthew 5:1-11.** When we imagine a king and his kingdom, we may picture a king who surrounds himself with wealthy, important citizens, wise counselors and armed guards. But in the kingdom of God, Jesus our King surrounds himself with those who are poor in spirit, mourning, meek and hungry. These words describe the people of the kingdom because they also describe the King. In what ways do these blessings describe the Lord Jesus himself?

BLESSED SAVIOR

1. **Read Genesis 12:1-3.** What promises does God make to Abraham? How would the patriarch be blessed? To whom would Abraham be a blessing?
2. **Read Isaiah 53:10-12.** According to the Father's will, Jesus endured suffering and death on the cross for the sake of our salvation. What promise of the resurrection is found in these verses from Isaiah? What would the Lord's suffering servant accomplish through his suffering?
3. The Christians of Galatia were turning away from the good news of salvation through faith in Jesus and attempting instead to establish their righteousness before God through obedience to the Law. **Read Galatians 3:1-9.** What does the apostle Paul tell them about Abraham's righteousness? Why does Paul refer to God's promise to Abraham (Genesis 12:3) as "the gospel"? In what way are people of faith blessed along with Abraham?
4. **Read Romans 4:13-25.** What does it mean to call Abraham an "heir of the world"? Abraham believed the promise of God, that he and Sarah would have a son. What is meant by the phrase, "In hope he believed against hope"?

SATISFIED

1. **Read Ephesians 1:1-14.** God, in Christ, has blessed us “with every spiritual blessing in the heavenly places,” that is, we are blessed with all the blessings of heaven—and with heaven itself! What blessings does the apostle Paul list here? When did God choose us to be his own people? What do we have as the guarantee of our eternal inheritance? **Read 1 Peter 1:3-9.** How is the apostle Peter’s description of our blessings similar to that of the apostle Paul in the previous reading? We do not always feel “blessed” in the midst of suffering. What is the purpose of such suffering? If you wish, describe a time in your life in which God blessed you even through suffering.
2. **Read 1 Peter 4:12-19.** How are these verses similar to Jesus’ words in the Beatitudes? When, according to these verses, are we “blessed,” even though we may not feel especially blessed at the time? **Read Acts 5:27-42.** How did the apostles experience the blessings of which Jesus speaks in the Beatitudes?
3. **Read Matthew 25:31-34.** In this story of Judgment Day, what belongs to those whom Jesus calls “blessed by my Father”? When was this blessing prepared for all who believe in Jesus? Why is it important to note that the blessing is “inherited”?
4. **Read 2 Corinthians 5:21.** The salvation won for us by Christ through his suffering and death has been called “the blessed exchange.” What did Jesus take from us and give us in exchange?
5. Abraham’s nephew Lot is described as a righteous man who was distressed by the wickedness of the world around him. He hungered for righteousness (2 Peter 2:7-8). In what ways do you hunger for righteousness in our world today? **Read Revelation 7:9-17.** As Jesus says in the Beatitudes, we hunger for righteousness. When will we be finally and fully satisfied?

the master of the house? Who are the tenants (see verse 45)? Who were the servants sent to collect the fruit owed the master? Jesus quotes Psalm 118:22-23, referring to himself as the rejected stone. What will the Lord, the vinedresser, do with that stone? What “fruit” does God want his people, his vineyard, to produce? How does this parable serve to anger Jesus’ enemies?

FOUNDATION

1. **Read Acts 4:10-12 and 1 Corinthians 3:10-15.** The apostles proclaimed the name of Jesus as the only name by which we are saved. How does the apostle Paul, in his first letter to the Corinthians, express that same truth? What is the work built on that foundation, and who is building on it?
2. **Read 1 Corinthians 10:1-13.** We do not always think that the Son of God was present for the Israelite exodus from Egypt, but he is God and he was there! Just as the Israelites had water to drink from the rock (Exodus 17:5-6), they also drank spiritually from the ever-present but unseen Rock that was Christ. Though they were refreshed in Christ, in what ways did the Israelites build on sand instead of on that Rock? Why, according to Paul, were these events written down? Why does the apostle, in connection with temptation, warn against pride? What examples can you think of that might be “ways of escape” from temptation?
3. **Read Ephesians 2:11-22.** The Gentiles were once “strangers to the covenant,” without hope and without God. The Jews considered them unclean. How was the hostility between Jew and Gentile broken down? Apart from Christ, the Gentiles were “strangers and aliens.” What is their status now? What is the foundation of this household of God into which we are built and growing? What does it mean to grow together into “a holy temple to the Lord”?