



Sermon

ON THE

MOUNT

The Beatitudes – Matthew 5:3–10

Jesus' Guide to Real Life

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. (v.3)

Feeling weak, empty, or like you need God, isn't a problem—it's the start of real life with Him. When we admit we can't do it alone, God steps in.

2. Blessed are those who mourn, for they will be comforted. (v.4)

Sadness, loss, or guilt is part of life. But God promises comfort. He's near to those who are hurting. Your pain matters to Him.

3. Blessed are the meek, for they will inherit the earth. (v.5)

Meek isn't weak—it's choosing not to fight for power over others. Being kind, humble, and patient actually leads to lasting reward.

4. Blessed are those who hunger and thirst for righteousness, for they will be filled. (v.6)

Searching for God and wanting to see His goodness in the world is good. Ask God to fill you with that desire and God promises to satisfy that longing.

5. Blessed are the merciful, for they will be shown mercy. (v.7)

Forgive, help, and show kindness—even when it's hard. Don't hold a grudge, just like God doesn't. Mercy changes lives.

6. Blessed are the pure in heart, for they will see God. (v.8)

A pure heart is honest, not fake, and wanting God more than popularity or status. When your heart is real, you'll notice God working in life.

7. Blessed are the peacemakers, for they will be called children of God. (v.9)

Standing up for peace—between friends, in groups, or online—is powerful. Keep the peace when you have the option. Peacemakers reflect God's love.

8. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. (v.10)

Doing the right thing can be tough. People might mock or exclude you. But sticking with God's ways means being part of His kingdom.

➡ Reflection Questions

1. Which Beatitude speaks to your life right now?
2. Which one feels hardest to live out? Why?
3. How can you practice one of these this week in school, home, or online?

Salt and Light – Matthew 5:13–16

Jesus' Guide to Making a Difference

1. You are the salt of the earth. (v.13a)

Salt makes food taste better and keeps it from going bad. Jesus says your life should make the world better. Your words, actions, and choices can make a real difference. Be useful, like salt is. What can you do in your life, each day, moment to moment that could be useful, even if no one is looking?

2. But if the salt loses its taste, how can it be made salty again? (v.13b)

Don't let the world numb your faith or dull your influence. Staying connected to God keeps your life full of flavour and purpose.

3. You are the light of the world. (v.14a)

Light helps people see and find their way in the dark. You can shine in school, online, at home, and with friends by showing God's love through your actions. You will walk into dark situations and be a light; just because you know Jesus!

4. A town built on a hill cannot be hidden. (v.14b)

When you live for God, it shows! You don't have to hide your faith or pretend it doesn't matter. Your life can inspire others to follow Him.

5. Let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (v.16)

Do good things for the right reasons—helping, encouraging, forgiving. People notice, and it points them to God, not just you. Your choices can make God famous!

➡ Reflection Questions

1. In what ways can you be "salt" in your school or friend group?
 2. Where is it hard to shine your "light"? Why?
 3. What's one practical way you can glorify God this week through your actions?
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✪ Jesus and the Law – Matthew 5:17–20

Why Jesus Came and What Really Matters

1. Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them. (v.17)

Jesus didn't come to throw out God's rules. He came to complete them and show their full meaning. Following Him isn't about legalistic rules—it's about living the heart of God.

2. For truly I tell you, until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. (v.18)

God's standards are important and lasting. Jesus isn't ignoring them—He's showing us how to follow God fully, not just follow the surface rules.

3. Anyone who breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven. (v.19a)

Ignoring God's ways and encouraging others to do the same is serious. God cares about living faithfully, not just "getting by."

4. But whoever practices and teaches these commands will be called great in the kingdom of heaven. (v.19b)

Living out God's ways and helping others do the same matters. Your faith isn't private—it impacts your friends, family, and community.

5. For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven. (v.20)

It's not about following rules to look good. Jesus wants your heart—your love, honesty, and integrity. True faith is deeper than appearances.

➡ Reflection Questions

1. What's the difference between following rules and following Jesus with your heart?
 2. Where do you find it hard to live out God's ways authentically?
 3. How could your actions or words influence others for God this week?
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✪ Anger and Reconciliation – Matthew 5:21–26

Making Peace Matters More Than Winning Arguments

1. You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ (v.21)

You know it’s wrong to hurt someone physically. But Jesus is saying there’s more to this than just “don’t hit.”

2. But I tell you that anyone who is angry with a brother or sister will be subject to judgment. (v.22a)

Anger and hatred can be just as dangerous as physical violence. Holding grudges, insulting, or disrespecting others is serious. It is all about your heart. God sees that as well as your actions and He wants you to give it to Him and not be torn up with anger.

3. Again, anyone who says to a brother or sister, ‘Raca’*, is answerable to the court. And anyone who says, ‘You fool!’ will be in danger of the fire of hell. (v.22b)

* Raca means worthless, good for nothing, empty headed.* Calling someone worthless or mocking them hurts. Words have power. Treat others with respect, even when you’re cross.

4. Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you... (v.23–24a)

Teen Talk: Before you worship make things right with people. God cares about relationships, not just rituals.

5. ...leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. (v.24b)

Reconciliation matters more than looking “good” in church or online. Take the first step to fix the relationship.

6. Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. (v.25–26)

Don’t let anger or conflict drag on. Solve problems early—say sorry, forgive, or talk it out. Avoid letting small fights turn into big problems.

☛ Reflection Questions

1. How do you usually deal with anger or conflict?
2. Is there someone you need to make peace?
3. How can words help build others up instead of tearing them down?

★ Heart Matters – Matthew 5:27–30

It's Not Just About What You Do, It's About What's in Your Heart

*This section isn't about fear or guilt. It's about **living fully free and pure**—so your heart can focus on love, respect, and healthy relationships.*

1. You have heard that it was said, 'You shall not commit adultery.' (v.27)

You know it's wrong to cheat or betray someone in a relationship. That's the rule everyone learns early.

2. But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in their heart. (v.28)

Jesus isn't just talking about actions—He's talking about thoughts. Sexual thoughts or fantasies about someone aren't harmless; they affect your heart and relationships.

3. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. (v.29)

This is a **radical way of saying**: get rid of whatever makes you sin—even if it's hard. Cut out bad habits, social media, or situations that lead you to temptation. Protect your heart and life.

4. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. (v.30)

Same idea as the eye. Jesus is calling us to take extreme care of what we allow in our lives. Avoid things that lead to sin, and make choices that honour God.

☛ Reflection Questions

1. What "small things" in your life might lead you to make bad choices?
 2. How can you protect your heart and mind from temptation?
 3. Why do you think Jesus cares more about your heart than just your actions?
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✪ Relationships and Commitment – Matthew 5:31–32

God Cares About How We Treat Others in Relationships

God takes our relationships and the respect we show others seriously. *Being honest, loyal, and kind matters now—whether with friends, family, or future relationships.*

1. It has been said, ‘Anyone who divorces his wife must give her a certificate of divorce.’ (v.31)

Back in Jesus’ day, divorce was allowed, but often it was unfair—sometimes just because a husband was angry or careless. God’s heart wasn’t about just following the rule.

2. But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery. (v.32)

Jesus is saying relationships are serious and sacred. Divorce hurts people, and God wants honesty, faithfulness, and respect in relationships. Breaking up isn’t just a “rule” thing—it can affect lives and hearts deeply.

➤ Reflection Questions

1. How do you see respect and honesty in your friendships or family relationships?
 2. Why do you think Jesus takes relationships so seriously?
 3. How can you treat people well so your relationships are healthy and respectful?
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★ Truth and Honesty – Matthew 5:33–37

Being Real and Reliable Matters

*Truthfulness isn't just about "not lying." It's about **being real, reliable, and someone others can trust**—even in the little things.*

1. Again, you have heard that it was said to the people long ago, 'Do not break your oath, but fulfil to the Lord the vows you have made.' (v.33)

People were told, "Keep your promises," and that's still true. God cares about keeping your word because trust matters.

2. But I tell you, do not swear an oath at all... Let your 'Yes' be 'Yes,' and your 'No,' 'No.' (v.34–37)

Jesus is saying: don't make a big show of promising things to make people trust you. Just be honest. If you say yes, mean yes. If you say no, mean no. People should know they can count on you.

3. Why it matters:

- Being honest builds trust with friends, family, and classmates.
- You don't need to exaggerate or use fancy words to prove you're telling the truth.
- God cares about your integrity—your word should match your heart.

☛ Reflection Questions

1. Are there times you've exaggerated or promised things you couldn't keep?
 2. How does being honest make friendships or relationships stronger?
 3. What's one way you can practice being truthful this week, even in small things?
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✪ Responding to Wrong – Matthew 5:38–42

Turning Hurt into Opportunity for Good

*Jesus isn't saying to be a pushover. He's showing a **stronger, wiser way**—responding to wrong with love, kindness, and creativity. That's how you actually change hearts.*

1. You have heard that it was said, 'Eye for eye, and tooth for tooth.' (v.38)

This was the old rule for justice—if someone hurt you, you hurt them back equally. Fair, right? But Jesus has a different way.

2. But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. (v.39)

Instead of getting revenge or fighting back, Jesus says: stay calm, don't escalate. Respond in a way that can break the cycle of anger and conflict.

3. If anyone wants to sue you and take your shirt, hand over your coat as well. (v.40)

Be generous and don't try to "win" at all costs. Sometimes giving extra shows strength, not weakness, and can surprise people in a positive way.

4. If anyone forces you to go one mile, go with them two miles. (v.41)

Go beyond what's expected in kindness. Doing a little more than required shows character and can make a huge difference in someone's life.

5. Give to the one who asks you, and do not turn away from the one who wants to borrow from you. (v.42)

Be generous with your time, help, and resources. Caring for others, even when it's inconvenient, reflects God's love.

☛ Reflection Questions

1. Is there a situation where you wanted revenge? How could you respond differently?
 2. How can small acts of generosity or kindness make a big impact at school or home?
 3. Why do you think Jesus calls us to go beyond what's expected?
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☀ Love Your Enemies – Matthew 5:43–48

Turning Hate into Love

*Loving enemies isn't about being a doormat. It's about **choosing kindness, mercy, and peace over anger and revenge**—and letting God's love shine through you.*

1. You have heard that it was said, 'Love your neighbour and hate your enemy.' (v.43)

Most people naturally love friends and family but avoid or even dislike people who hurt them. That's normal... but Jesus calls us to something different.

2. But I tell you, love your enemies and pray for those who persecute you. (v.44)

Pray for the people who are mean, hurtful, or unfair to you. Loving them doesn't mean liking everything they do—it means wishing them well and not seeking revenge. It can be hard but God can help you. He loves us when we were still sinners rebelling against Him.

3. If you love those who love you, what reward will you get? Even sinners love those who love them. (v.46)

It's easy to love people who are nice to you. Jesus asks for something harder: love people who don't deserve it, just like God does.

4. Be perfect, therefore, as your heavenly Father is perfect. (v.48)

Jesus is calling us to aim high—God's love is complete and unconditional. We won't be perfect on our own, but with His help, we can show love in ways the world thinks are impossible. We can't always be perfect but we can try to be better.

☛ Reflection Questions

1. Who is someone in your life that's hard to love or forgive?
 2. How could praying for them or showing kindness change things?
 3. What's one small way you can "go the extra mile" in loving someone this week?
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✪ Living for God – Matthew 6:1–18

Do Good for God, Not for Show

1. Give to the Needy (v.1–4)

“Be careful not to do your ‘good deeds’ publicly to be seen by others... But when you give to the needy, do it in secret.”

Don’t show off your generosity for likes, praise, or attention. Real giving comes from the heart. Helping someone quietly can be more powerful than making it a public thing. Sometimes we don’t feel like doing the right thing but train yourself by starting small, soon you will find it come easily.

2. Pray to God (v.5–15)

“When you pray, don’t make a show of it... Pray to your Father, who is unseen.”

God wants **real conversations**, not fancy words or performing for others. Prayer is about your heart, not the stage. The more you do it the more you will grow in doing it and you begin to see the fruit of your prayers. Keep a prayer diary, write down what you pray and when and then look for it to be answered. It’s ok to pray often for the same thing. Find time to pray with God. It will become the best moment in your day.

The Lord’s Prayer (v.9–13):

- **“Our Father in heaven”** → God is like a loving parent, and He sat in a place of influence.
- **“Your kingdom come, your will be done”** → God the things you find important, bring them into my life.
- **“Give us today our daily bread”** → God provide us with what we need.
- **“Forgive us our debts, as we forgive others”** → I recognise I need forgiveness and I need to give it to others just like you gave it to me.
- **“Lead us not into temptation, but deliver us from evil”** → Ask God to help you make good choices.

3. Fasting (v.16–18)

“When you fast, don’t make it obvious... Your Father, who sees what is done in secret, will reward you.”

Fasting isn’t about showing off—it’s about focusing on God. It could be skipping a meal, social media, or something else to remind yourself that God comes first. God calls us to fast sometimes; it focuses’ our attention on Him and we realise how weak we are and how much we need Him. He sustains our every heartbeat.

☛ Reflection Questions

1. How can you give, pray, or “fast” in a way that’s for God, not attention?
2. What’s one area of your life where you need to focus on God more than people’s opinions?
3. How can the Lord’s Prayer guide your everyday choices?

★ Treasures, Worry, and Priorities – Matthew 6:19–34

Focus on What Really Matters

Your heart follows your priorities. Invest in what lasts, trust God for the rest, and worry less—He’s got you.

1. Store Treasures in Heaven (v.19–21)

“Do not store up for yourselves treasures on earth... But store up treasures in heaven... For where your treasure is, there your heart will be also.”

Where do you want your heart to be? What do you want to live for? God says invest in what matters and your heart will follow. The Kingdom of God is eternal. If you invest there you will be safe. Don’t chase what disappears—like popularity, money, or social media clout. Invest in things that last: kindness, honesty, helping others, and above all seeking and loving God.

2. Be Secure, Not Worried (v.22–24)

“The eye is the lamp of the body... No one can serve two masters... You cannot serve both God and money.”

Where you focus your energy shows what you really “serve.” Chasing stuff, likes, or approval can blind you. God wants to be your priority.

3. Don’t Worry (v.25–34)

“Do not worry about your life... Look at the birds of the air... God feeds them. Are you not much more valuable than they?”

Worry doesn’t solve anything. God knows your needs and cares for you. Focus on today and trust Him. Spend your time on things that are important to Him not on things He can take care of.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Live your life for this verse! Put His values first above everything else that we value and care about and all will be well. When you feel yourself worrying about something, go to God and seek Him. Making time for Him will put everything into perspective.

- Worry about grades, friends, or the future is normal, but don’t let it control you.
- God notices small details in your life—He wants to look after these for you.
- Seek God’s kingdom first (living His way), and the rest will follow

☛ Reflection Questions

1. What are some “treasures” you chase that don’t last?
2. How can you put God first in your daily life?
3. What’s one practical way to stop worrying and trust God this week?

✪ Living Right with Others – Matthew 7:1–12

How to Treat Others and Seek God's Help

1. Don't Judge Others (v.1–5)

“Do not judge, or you too will be judged... First take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.”

Don't focus on other people's mistakes while ignoring your own. Work on your own heart first before criticizing others.

2. Ask, Seek, Knock (v.7–8)

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

God wants you to come to Him with your needs. Be persistent and trust that He listens.

3. God Gives Good Gifts (v.9–11)

“Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake?”

God wants what's best for you. When you ask Him, He gives good gifts—what you truly need, not just what you want. You then have to trust what you receive is the best thing for you, even if it doesn't appear that way sometimes.

4. The Golden Rule (v.12)

“So in everything, do to others what you would have them do to you.”

Treat others the way you want to be treated. It's simple but powerful. Your actions, words, and attitudes can make school, home, and life better for everyone.

➡ Reflection Questions

1. When have you judged someone unfairly? How could you respond differently next time?
 2. What's something you need to ask God for right now?
 3. How can you live out the Golden Rule this week?
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✪ Choosing the Way of Jesus – Matthew 7:13–29

Real Faith Shows Up in Real Life

1. The Narrow and Wide Roads (v.13–14)

“Enter through the narrow gate... small is the gate and narrow the road that leads to life.”

Most people follow the crowd because it’s easier. Jesus says the way that leads to real life isn’t always popular—but it’s worth it. Choosing God’s way can be harder, but it leads somewhere better.

2. Watch Out for False Influences (v.15–20)

“By their fruit you will recognize them.”

Not everyone who talks about God actually lives God’s way. Look at actions, not just words. A good life produces good “fruit” like kindness, honesty, and love.

3. Words Aren’t Enough (v.21–23)

“Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven.”

Saying you believe in God isn’t the same as living it out. Jesus cares about obedience and relationship, not just labels or church attendance.

4. Build on the Rock (v.24–27)

“Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

Life brings storms—stress, drama, failure, pressure. If your life is built on Jesus’ teachings, you’ll stay standing. If it’s built on popularity, success, or approval, it won’t last. Your motivation behind what you do is important. Have a look at it. Ask God to help you to have the right motives when making decisions.

5. Jesus Has Authority (v.28–29)

“He taught as one who had authority.”

Jesus isn’t just giving advice—He speaks with truth and authority. What He says actually has the power to change lives.

☛ Reflection Questions

1. Which road do you think most people your age are on? Why?
2. What kind of “fruit” do you want your life to show?
3. What does it look like for you to build your life on Jesus right now?