

Living the Sermon on the Mount

Seven days in the heart of Jesus' most famous teaching.

7 days · about 10 minutes a day · for the whole family

How to use this

Pick a time you already gather — dinner, or just before bed — and keep it there. The whole thing takes about ten minutes.

1. Read the passage together. On a busy night, just read the memory verse — that counts.
2. Read the short devotion out loud.
3. Talk through the questions. Let everyone answer in their own words; there are no wrong answers.
4. Say the memory verse together, and try to remember it tomorrow.

DAY 1 The Beatitudes Matthew 5:1-12

Jesus begins His most famous sermon by describing who is truly blessed in God's kingdom. These eight statements turn the world's values upside down - the poor in spirit, the mourning, the meek, and the persecuted are called blessed! Jesus shows us that God's kingdom operates by different rules than the world.

TALK ABOUT IT

1. Which beatitude surprises you the most? Why?
2. What does it mean to be 'poor in spirit'? Why is that a good thing?
3. How are God's values different from the world's values?

MEMORY VERSE · MATTHEW 5:3

“Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.”

DAY 2 Salt and Light Matthew 5:13-16

After describing the character of kingdom citizens, Jesus tells us our purpose: to be salt and light in the world. Salt preserves and flavors; light reveals and guides. Our lives should make a visible difference in the world around us, pointing others to God.

TALK ABOUT IT

1. What happens when salt loses its saltiness? How can Christians lose their influence?
2. What does it mean to 'hide your light under a bowl'? Do you ever do this?
3. How can your family be salt and light in your neighborhood or school?

MEMORY VERSE · MATTHEW 5:16

“Even so, let your light shine before men; that they may see your good works, and glorify your Father who is in heaven.”

DAY 3 Fulfilling the Law Matthew 5:17-48

Jesus didn't come to abolish God's law but to fulfill it - and to show us its true meaning. He goes beyond outward behavior to the heart. It's not enough to avoid murder; we must not hate. Not enough to avoid adultery; we must guard our hearts. Jesus calls us to a higher standard: being perfect as our heavenly Father is perfect.

TALK ABOUT IT

1. Why does Jesus care about our hearts, not just our actions?
2. What does it mean to 'love your enemies'? Is this possible without God's help?
3. Which of Jesus' teachings in this passage is hardest for you?

MEMORY VERSE · MATTHEW 5:48

“Therefore you shall be perfect, just as your Father in heaven is perfect.”

DAY 4 Giving, Prayer, Fasting Matthew 6:1-18

Jesus teaches about three spiritual practices - giving, prayer, and fasting - and warns against doing them for show. Our audience should be God alone, not other people. This section includes the Lord's Prayer, a model for how Jesus wants us to approach our Father in heaven.

TALK ABOUT IT

1. Why is it wrong to do good things just so others will see?
2. What can we learn about prayer from the Lord's Prayer?
3. What does 'forgive us our debts, as we also have forgiven our debtors' mean for us?

MEMORY VERSE · MATTHEW 6:6

“But you, when you pray, enter into your inner room, and having shut your door, pray to your Father who is in secret, and your Father who sees in secret will reward you openly.”

DAY 5 Treasures and Worry Matthew 6:19-34

Where is your treasure? Jesus says our heart follows our treasure. If we store up earthly things, our hearts will be earthly. If we store up heavenly things, our hearts will be set on heaven. And because God cares for the birds and flowers, we don't need to worry about our needs - He will provide!

TALK ABOUT IT

1. What does it mean to store up treasures in heaven? How do we do that?
2. Why can't we serve both God and money?
3. What worries do you have? How do the birds and flowers remind us not to worry?

MEMORY VERSE · MATTHEW 6:33

“But seek first God’s Kingdom, and his righteousness; and all these things will be given to you as well.”

DAY 6 Judging Others Matthew 7:1-14

Before criticizing others, look at yourself first! Jesus uses the humorous image of someone with a plank in their eye trying to remove a speck from someone else's eye. He also encourages us to keep asking, seeking, and knocking - God loves to give good gifts to His children!

TALK ABOUT IT

1. What does Jesus mean by the plank and the speck? Why is this image funny?
2. Is Jesus saying we should never point out someone's sin? What IS He saying?
3. What does 'the narrow gate' represent? Why do few find it?

MEMORY VERSE · MATTHEW 7:12

“Therefore whatever you desire for men to do to you, you shall also do to them; for this is the law and the prophets.”

DAY 7 Building on the Rock Matthew 7:15-29

Jesus concludes with a powerful warning and a famous parable. Beware of false prophets - you'll know them by their fruit. And most importantly: it's not enough to hear Jesus' words; we must put them into practice! The wise builder builds on the rock by obeying Jesus' teachings.

TALK ABOUT IT

1. How can we tell true teachers from false ones?
2. What is the difference between the wise and foolish builders?
3. What storms in life test whether we've built on the rock or sand?

MEMORY VERSE · MATTHEW 7:24

““Everyone therefore who hears these words of mine, and does them, I will liken him to a wise man, who built his house on a rock.”

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