

Sermon on the Mount



WEEK OF AUGUST 23, 2026

Sermon on the Mount

I LOVE YOU, I HATE YOU, I'M GONNA GET YOU

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ICEBREAKER



*"STICKS & STONEES WILL BREAK MY BONES, BUT WORDS
WILL NEVER HURT ME!", DO YOU AGREE OR DISAGREE
WITH THIS SAYING? WHY OR WHY NOT?*

GET IT RIGHT WITH YOUR BROTHER (MATT 5:21-26)

- If your thoughts were made visible for a day, what would they reveal about what you thought about those around you?
- In verse 22 Jesus said anger can put us in danger of judgement. What does that reveal about how seriously God takes what happens inside of our hearts, even when nobody else can see it?
- Describe a time when you were able to take control of your thoughts before they became words or actions.

LET YOUR YES BE YES (MATT 5:33-37)

- How can we practice engaging our minds before speaking, so that our words reflect greater integrity?
- Can you describe a time when something you said created a problem that could have been avoided?
- Is keeping your word still important when keeping our word becomes inconvenient or costs you something?

GO THE EXTRA MILE (MATT 5:38-42)

- How can our response to people who hurt us either point them toward Jesus or push them further away?
- Think about a time when someone hurt, offended, or disrespected you. Knowing what Jesus teaches here, how might you have responded differently?

QUESTIONS CONTINUE...

LOVE YOUR ENEMY (MATT 5:43-48)

- How can choosing love instead of getting even help those who need Jesus see his light through us?
- We all have a choice when someone wrongs us, we can choose to reflect Jesus or we can curse the darkness. What makes loving someone who has wronged you different from simply choosing not to retaliate against them?

ACT ON IT



ENCOURAGE

God would rather have us walk the path of forgiveness and give, than to present our offering to Him while carrying unforgiveness (Matt. 5:23-24). Whether we are giving in the form of tithes, presence, or even our words — our heart posture always matters to God.

Thank God that, in His kindness, He reveals what we fail to see and what we choose to ignore. This isn't to condemn us, but it does give us an opportunity for redemption, sanctification, and character building. These convictions are revealed by the light within.

Praise God that the Holy Spirit prompts us to make decisions that lead us to take our next steps in faith, respond differently than the world, and ultimately closer to Him!

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!”
(Psalm 139:23-24)

ACT ON IT CONTINUED...



ASK

Anger is an emotion, but not your character, and you shouldn't allow it to control your next steps.

"Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil."
(Ephesians 4:26-27)

We get to lay our frustrations and anger at the altar and let the Holy Spirit guide us in the righteousness Jesus made possible for us.

Ask God to search your heart and reveal any unresolved anger, resentment, careless words, hatred, desire for retaliation, lack of integrity in what you've said, or resistance to loving those who have wronged you.



CHALLENGE

Now that you have been reminded of your identity and call in Christ, it's time to walk in humility, integrity, and love. Put what you have prayed about and confessed into action. Let your "yes" be your "yes".

This week, ask the Holy Spirit to guide you in taking the next step you've been convicted about.

PRAYER

Use these prompts to help guide your prayer:

- Deal with anger immediately, do not meditate on it
- Ask God to identify & release strongholds
- Help us to walk in love