

A Peaceful Heart
Matthew 5:21-32

Study#4 of Life on the Rock

1. Begin with Prayer

2. Read Scripture Together Matthew 5:21-32

You have heard that it was said to those of old, 'You shall not murder; and whoever murders will be liable to judgment.' But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire. So, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. Truly, I say to you, you will never get out until you have paid the last penny. "You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell. "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery.

3. Share Who You Are

- A. How in the past have you held anger in your heart? How did it impact you? Are you holding anger in your heart against anyone now?
- B. What does Jesus prescribe for those who understand their brother has something against them? What is our obligation if we know we are at odds with someone? Why does Jesus not want our gift if we are at odds with someone? How does Jesus' parable The Unforgiving Servant inform this, Matthew 18:21-35?
- C. If we have attempted to be reconciled with someone and they refuse, have we fulfilled our obligation? Is there more we need to do? (Romans 12:14-21). Can anything prevent us from praying for them?
- D. How does Jesus go deeper with the seventh commandment, "Thou Shalt Not Commit Adultery" in commanding against lust? What happens to our hearts we allow desire or lust (for another person, for possessions, for glory) a home in our spirits? Can we just 'turn lust off?' (James 1:14-15)
- E. What do you think Jesus means when He commands to us 'lose one of our members' rather than our whole body being committed to Hell?

4. **Next Step:** Prayerfully consider if there is anyone with whom you need to be reconciled. If there is, seek to be reconciled. If you have already sought reconciliation and not been received, commit to pray for that person.

5. Pray Together