



NO LIMITS

WITH PASTOR DELMAN



FORGET WHAT YOU

H E A R D

S E R M O N G U I D E

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Forget What You Heard

Matthew 5:21-22, 27-28, 31-32, 33-34, 38-39, 43-44

INTRODUCTION

NOTES

During His time on earth, Jesus dealt with the dangerous consequences of relying on hearsay when it comes to our faith, what we believe spiritually, and how we relate to God. In Matthew 5, we hear Jesus say again and again: “You have heard it said, but I say to you.” Jesus challenged the tendency to rely on religious hearsay and oral tradition. He did not dispute the law itself but the distorted interpretations of it. And so with this in mind, He says to us today: Forget what you heard.

KEY POINTS

1. Don't Elevate Tradition Over Truth

Jesus says, “You have heard it said... but I say to you...” He is inviting us to move beyond the interpretations passed down through tradition, locker rooms, family systems, and Sunday School, and instead to critically examine what we’ve heard. People are in bondage not so much to what Scripture teaches, but to what they have heard. Even if it came from esteemed religious voices, if it doesn’t match the Word, forget what you heard. As 1 John 4:1 says in *The Message*: “Don’t believe everything you hear. Carefully weigh and examine what people tell you... There are a lot of lying preachers loose in the world.” Jesus is teaching that we must not elevate tradition to the level of truth.

2. Study the Scriptures for Yourself

Even though interpretation may be challenging, the responsibility to study God's Word lies with each of us. At the time of Jesus, access to Scripture was limited and language barriers existed. So people deferred to the Pharisees and scribes. But Jesus points them back to the Word. Joshua 1:8 tells us to meditate on the Word day and night. Psalm 1:2 says to delight in the law of the Lord. The church in Berea examined the Scriptures daily to test Paul's teachings (Acts 17:10–11). Your pastor, your church, or a Christian influencer is not your final authority—God's Word is. You can't rely on someone else to eat for you spiritually. You must feed yourself.

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3. Remain Open to New Revelation from God

When Jesus says, “But I say to you...”, He is inviting us into a posture of openness to fresh revelation. Faith is not certainty—that’s science. Hebrews 11:1 says faith is “the substance of things hoped for, the evidence of things not seen.” Jesus wants us to remain open to new insights. You may have known God for a long time, but He’s still revealing new truths. Are you open to God showing you something you’ve never seen? Are you ready for God to give you insight into His Word that challenges everything you’ve believed? If so, then you have to remain open to new revelation from God.

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QUESTIONS TO CONSIDER

1. Can you think of a belief you held for years that was based more on what you heard than what Scripture actually says? How did you come to recognize the difference?
2. What practical steps can you take this week to begin studying the Bible for yourself more intentionally?
3. What would it look like for you to stay open to new revelation from God?
