What's Happening in Your Heart?

November 14, 2026 | Matthew 5:21-26 | Pastor Daniel Torres

Sermon Outline

1. **Pursue Reconciliation** (Matthew 5:21–26)
2. **Pursue Purity and Faithfulness** (Matthew 5:27–32)

Leader's Note

Choose the questions below that best fit your group and the time available. You do not need to discuss every question. However, we strongly recommend covering at least one question from each section: Upwards, Inwards, and Outwards.

Main Idea

Kingdom righteousness reaches the heart and becomes visible in our relationships through reconciliation, purity, and faithfulness. We cannot produce this righteousness by our own strength. We need Jesus' forgiveness, God's grace, and the transforming power of the Holy Spirit.

Optional Icebreaker

When you need directions in an unfamiliar place, what helps you most: a map, signs, asking someone, or something else?

Discussion Questions

UPWARDS - Growing in Relationship with God

1. In Matthew 5:21–22, Jesus moves from the command against murder to addressing anger and contempt. What does this teach us about the importance of dealing with anger and resentment before they take root in our hearts?
2. Jesus tells someone who is about to worship God to first seek reconciliation with another person (vv. 23–24). What does this teach us about the connection between worship and our relationships?
3. The sermon reminds us that we cannot transform our hearts through our own strength. How can Jesus' forgiveness and the power of the Holy Spirit help us when we struggle with temptation?

INWARDS - Growing in Fellowship with One Another

4. Jesus calls us to take the initiative when someone has something against us (v. 23). What can help us offer a sincere apology that opens the way to reconciliation?
5. The sermon reminds us that resisting temptation sometimes requires asking a trusted Christian for help. What makes Christian accountability safe and helpful while respecting people's privacy?
6. Jesus teaches the importance of faithfulness in marriage (vv. 31–32), and the sermon acknowledges that some relationships involve serious hurt or unsafe circumstances. How can our church uphold the value of marriage while caring for people affected by divorce or harmful relationships?

OUTWARDS - Reaching Those Around Us

7. Jesus warns against contempt and insulting words (v. 22). If a conversation turns into mocking or speaking harshly about someone this week, what is one respectful way you could respond?
8. The sermon challenges the message, "Do whatever makes you happy." How could you explain Jesus' teaching about desires and choices to someone who thinks we should follow our feelings?
9. Jesus calls His followers to take decisive action against temptation (vv. 29–30). What is one practical boundary or step you could take this week to resist temptation and honour God and others through your choices?