

One at a Time - Part 5

Extra Mile Mentality

Susan Hageman

Part of One at a Time Church-Wide Series 2024

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You have heard it was said, “Eye for eye, and tooth for tooth.” But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

—Matthew 5:38-42 (NIV)

Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them. Large crowds from Galilee, the Decapolis, Jerusalem, Judea and the region across the Jordan followed him.

—Matthew 4:23-25 (NIV)

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

—Matthew 5:1-2 (NIV)

Sermon on the Mount – Jesus’ longest and most detailed teaching recorded in the gospels.



Every generation must continually compare what is being proclaimed by people as God’s Word to what the Bible says is God’s Word.

Jesus said, Don’t misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to accomplish their purpose.

—Matthew 5:17 (NLT)

Matthew 5:38-42

You have heard it was said, “Eye for eye, and tooth for tooth.”

This is a rule of mercy (known as: law of retribution, law of retaliation, or law of revenge), which limited the amount of revenge one could

take.

But I tell you, do not resist an evil person.

This puts Jesus at odds with Jewish zealots who wanted to get rid of the hated Roman government by force.

If anyone slaps you on the right cheek, turn to them the other cheek also.

We are **not** talking about accepting domestic violence. *If you or someone you know experiences abuse, get help. See **resources** at the end of these notes.*

It's also wrong to think that Jesus means evil should never be resisted.

And Jesus entered the temple and drove out all who sold and bought in the temple, and he overturned the tables of the money-changers and the seats of those who sold pigeons. He said to them, "It is written, 'My house shall be called a house of prayer,' but you make it a den of robbers."

--Matthew 21:12-13 (ESV)

Rather, Jesus is really talking about insults.

Jesus is saying here that the true Christian has learned to resent no insult and to seek retaliation for no slight.

—William Barclay

And if anyone wants to sue you and take your shirt, hand over your coat as well.

Jesus is most likely using hyperbole, exaggerating to make a point - to diffuse conflict by giving more than is demanded.

Sometimes following Jesus means letting go of our rights.

—Kyle Idelman (One at A Time, p. 92)

If anyone forces you to go one mile, go with them two miles.

By law, a Roman official could force people to carry their load for a mile.

Give to the one who asks you, and do not turn away from the one who wants to borrow from you.

If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this you will heap burning coals on his head. Do not be overcome by evil. But overcome evil with good.

—Romans 12:21 (NIV)



The Mind of Christ

Humility

If you're constantly being hurt, offended or angered, you should honestly evaluate your inflamed ego.

—Brant Hansen (*Unoffendable*, p. 174)

Agape

Choosing to accept someone for who they are and sacrificially working for their good.

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters.

—1 John 3:16 (NIV)

Philippians 2:3-11 (NIV)

*Do nothing out of selfish ambition or vain conceit.
Rather, in humility value others above yourselves, not
looking to your own interests but each to the interests of
the others.*

*In your relationships with one another, have the same
mindset as Christ Jesus:*

*Who being in very nature God,
did not consider equality with God
something to be used to his own advantage;
rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.
And being found in appearance as a man,
he humbled himself by becoming obedient to death -
even death on a cross!*

*Therefore God exalted him to the highest place
and gave him the name that is above every name,
that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.*

Recommended Resources

- [National Domestic Violence Hotline](#): 800-799-SAFE(7233)
- [Unoffendable](#), by Brant Hansen

Next Week: The Power of *And*

- [Join a group!](#)

- Find the book online: *One At A Time: The Unexpected Way God Wants to Use You to Change the World*, by Kyle Idleman ([Amazon](#), [Mardel](#), [Barnes & Noble](#))