



As It Is | February 28, 2021

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“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.

Matthew 5:21-26

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Last week we discussed verses 15-17, Jesus’ relationship to the Old Testament, and His followers’ relationship to righteousness. As Jesus continues His discourse of what it means to be whole people in His Kingdom, He explains how this expands in every part of our being, including our emotions and our interaction with others.

*Discuss the text.*

- Read through this passage together as a group. How does verse 21 begin?
- How is Jesus defining the role His voice plays in our lives?
- How do Jesus’ words go beyond symptoms and transform the heart?
- In your own words, how would you define emotional health?
- How does Jesus apply his teaching in verses 23-26?
- Are there in areas in your life around anger or broken relationships that Jesus is inviting you to address?

In reference to whole-person formation, Richard Foster says,

“The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.”

Take a moment to sit in silence together, asking God what parts of our lives are we holding back from experiencing true depth. Where is God calling you to grow in depth?

*Close in prayer.* Thank God together that He is active in every part of our lives. That He graciously cares to make us complete, integrated followers of Him. Pray that He would reveal gaps and we would humbly receive His healing.

*Encourage our church-wide practices.* As a church, we are invited throughout this sermon series to engage in three practices: Morning Prayer, Evening Silence, and Wednesday Fast. The practices are a way to become satisfied in God. May you abide in Jesus and access the presence of God this week. Amen.