



10-Minute Bible Lesson

Thoughts and Actions

Matthew 5:27-37

Before watching the video: What do you already know about the Sermon on the Mount? What teachings from it might you know already? What are you most curious about regarding these chapters?

Now read the passage twice. Take each one at a time, noticing every sentence and phrase. You may even want to start and stop the video to spend more time with each. What stands out to you?

²⁷“You have heard that it was said, ‘You shall not commit adultery.’ ²⁸But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. ²⁹If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. ³⁰And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell. ³¹“It was also said, ‘Whoever divorces his wife, let him give her a certificate of divorce.’ ³²But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery.

³³“Again, you have heard that it was said to those of ancient times, ‘You shall not swear falsely, but carry out the vows you have made to the Lord.’ ³⁴But I say to you, Do not swear at all, either by heaven, for it is the throne of God, ³⁵or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. ³⁶And do not swear by your head, for you cannot make one hair white or black. ³⁷Let your word be ‘Yes, Yes’ or ‘No, No’; anything more than this comes from the evil one. – **Matthew 5:21-26**

After watching the video: Think back to the previous lessons (“Excessive Righteousness” and “Be Reconciled”) concerning what Jesus said about righteousness and the pattern he’s following at this point in the Sermon on the Mount. How does that help you understand what he means here?

What strikes you or makes you uncomfortable or challenges you about this passage? What are your first impressions of what Jesus says here about the relationship between thoughts and actions?

Conclude in prayer. Thank God for blessings, ask forgiveness for wrongs done, request help for uncertainty. Close with “amen.”