



10-MINUTE BIBLE LESSON
Of Course It's Hard
Matthew 5:38-48

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 time to notice 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?

³⁸“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ ³⁹But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also; ⁴⁰and if anyone wants to sue you and take your coat, give your cloak as well; ⁴¹and if anyone forces you to go one mile, go also the second mile. ⁴²Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you.

⁴³“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ ⁴⁴But I say to you, Love your enemies and pray for those who persecute you, ⁴⁵so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous. ⁴⁶For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? ⁴⁷And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same? ⁴⁸Be perfect, therefore, as your heavenly Father is perfect. – **Matthew 5:38-48**

After watching the video: What’s your reaction to what the video says regarding verses 38-42? How have you heard “an eye for an eye” used in public discourse or popular culture; is it similar or different from how Jesus and the video present it?

Think about what the video says about shame, and how turning the other cheek and the other actions Jesus suggests would shame those who make certain demands on others. How might that apply today?

Reflect on verses 43-47. Is there someone you could reach out to this week outside of your familiar or comfortable circles who might need your help?

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