



AN INTEGRATED
LIFE

DID HE REALLY MEAN THAT?

A STUDY ON THE SERMON ON THE MOUNT

MORNING

READ | Matthew 5.33-37 [NLv]

"You have also heard that our ancestors were told, 'You must not break your vows; you must carry out the vows you make to the Lord.' But I say, do not make any vows! Do not say, 'By heaven!' because heaven is God's throne. And do not say, 'By the earth!' because the earth is his footstool. And do not say, 'By Jerusalem!' for Jerusalem is the city of the great King. Do not even say, 'By my head!' for you can't turn one hair white or black. Just say a simple, 'Yes, I will,' or 'No, I won't.' Anything beyond this is from the evil one."

- Matthew 5.33-37 [NLT]

PRAY: Father, please search my heart and reveal anything that would keep me from living out of alignment with you. Help me to avoid the trap of self-deception, so that I may live in the fullness of life you give.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

MORNING

READ | 2 Corinthians 1.17-19 [NLV]

"Do you think I am like the people of the world who say 'Yes' when they really mean 'No'? As surely as God is faithful, our word to you does not waver between 'Yes' and 'No.' For Jesus Christ, the Son of God, does not waver between 'Yes' and 'No'."

- 2 Corinthians 1.17-19 [NLV]

PRAY: Jesus, in you I have found refuge. In you, Lord, I have found a place of safety, rest, and peace. Form me in your love so that I may live true, inside and out.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

MORNING

READ | Proverbs 10.19

"When words are many, sin is not absent, but the one who holds his tongue is wise."

- Proverbs 10.19

PRAY: Holy Spirit, please give me the wisdom and strength to listen well and to speak only that which is true.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

MORNING

READ | James 5.12 [The Message]

And since you know that he cares, let your language show it. Don't add words like "I swear to God" to your own words. Don't show your impatience by concocting oaths to hurry up God. Just say yes or no. Just say what is true. That way, your language can't be used against you.

- James 5.12 [The Message]

PRAY: Father, please set my heart at peace within your care and love over me. May all I say and do come from the overflow of my devotion to you and your kingdom.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

MORNING

READ | Ephesians 4.15 [AMPC]

"Let our lives lovingly express the truth"

- Ephesians 4.15 [AMPC]

PRAY: Jesus, it was you who said your disciples would be like "salt and light" in this world. So Lord, I ask that you would do the work within me that would make your words come to life that all may come to know the truth of your restorative love.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

SATURDAY//

OCTOBER 9TH

MORNING

READ | John 14.15 [ESV]

"If you love me, you will keep my commandments"

— John 14.15 [ESV]

PRAY: Holy Spirit, I thank you for your loving empowering presence in my life. Please keep abiding in your love, leadership, and truth.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

MORNING

Look back at all the verses, prayers and meditations this week. Spend some additional time with whatever was most helpful.

EVENING

COMMIT: Spend time with someone you love. Call them on the phone, take them out to dinner, just relax with them.

Notes: _____



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