

LOVE YOUR ENEMIES



Matthew 5:44-47

“44 However, I say to you, love your enemy, bless the one who curses you, do something wonderful for the one who hates you, and respond to the very ones who persecute you by praying for them. 45 For that will reveal your identity as children of your heavenly Father. He is kind to all by bringing the sunrise to warm and rainfall to refresh whether a person does what is good or evil. 46 What reward do you deserve if you only love the loveable? Don’t even the tax collectors do that? 47 How are you any different from others if you limit your kindness only to your friends? Don’t even the ungodly do that?” TPT

“44 But I say to you, love your enemies and pray for those who persecute you, 45 so that you may [ap]be sons of your Father who is in heaven; for He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. 46 For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? 47 If you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same?.” NASB

SPA:

1. *Father, what scripture are you showing me?*
2. *Father, what are you saying to me?*
3. *Father, what do you want me to do today?*

EXTRA QUESTIONS:

1. *Who is one or two people that you struggle to love?*
2. *What is one practical and specific way that you can show love to that person this week? (Send a text, include them in your friend group, give them a gift, etc.)*
3. *When we judge others and get mad at them, it's important to ask God for forgiveness because we're judging God's child. Take some time to repent and ask God for forgiveness for not loving this person. Ask him to give you His heart for this person.*

EXAMINE YOUR MOTIVES



Matthew 6:1-4

"1 Examine your motives to make sure you're not showing off when you do your good deeds, only to be admired by others; otherwise, you will lose the reward of your heavenly Father. 2 So when you give to the poor, don't announce it and make a show of it just to be seen by people, like the hypocrites in the streets and in the marketplace. They've already received their reward! 3 But when you demonstrate generosity, do it with pure motives and without drawing attention to yourself. 4 Give secretly and your Father, who sees all you do, will reward you openly." TPT

"1 Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven. 2 "So when you give to the poor, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be honored by men. Truly I say to you, they have their reward in full. 3 But when you give to the poor, do not let your left hand know what your right hand is doing, 4 so that your giving will be in secret; and your Father who sees what is done in secret will reward you." NASB

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1. *Father, what scripture are you showing me?*
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EXTRA QUESTIONS:

1. *It's ok to be proud of your work! God desires for you to share your talents with the world, but it's also important to do so with humility and love. What motivates you to do what you do? Is it your desire to be admired by others or to be admired by God? Why?*
2. *What are ways that you can give generously to others this week?*

PRAY LIKE THIS



Matthew 6:1-4

9Pray like this: 'Our Father, dwelling in the heavenly realms, may the glory of your name be the center on which our lives turn.10 Manifest your kingdom realm, and cause your every purpose to be fulfilled on earth, just as it is fulfilled in heaven. 11 We acknowledge you as our Provider of all we need each day. 12 Forgive us the wrongs we have done as we ourselves release forgiveness to those who have wronged us. 13 Rescue us every time we face tribulation and set us free from evil. For you are the King who rules with power and glory forever. Amen.'" TPT

"9Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. 10Your kingdom come. Your will be done, On earth as it is in heaven. 11Give us this day our daily bread. 12 'And forgive us our debts, as we also have forgiven our debtors.13And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.'" NASB

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1. Father, what scripture are you showing me?
2. Father, what are you saying to me?
3. Father, what do you want me to do today?

EXTRA QUESTIONS:

1. Ever feel like you don't know how to pray? Well, Jesus provides a really simple, yet powerful prayer that we can pray everyday!
2. Take time to evaluate your prayer life. How often do you pray and how connected to God do you feel when you pray? Prayer isn't just an optional side dish of the Christian life, it's an essential element that allows us to connect to the heart of God. Our Father loves to hear you and he loves to talk to you too. Take time this week to pray through the Lord's Prayer and then ask God, "what are you saying to me?"

WHERE'S YOUR TREASURE?



Matthew 6:19-21

'19Don't keep hoarding for yourselves earthly treasures that can be stolen by thieves. Material wealth eventually rusts, decays, and loses its value. 20 Instead, stockpile heavenly treasures for yourselves that cannot be stolen and will never rust, decay, or lose their value. 21 For your heart will always pursue what you value as your treasure." TPT

"19Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; 21 for where your treasure is, there your heart will be also." NASB

SPA:

1. Father, what scripture are you showing me?
2. Father, what are you saying to me?
3. Father, what do you want me to do today?

EXTRA QUESTIONS:

1. It's ok to want to have nice things or be successful. It's also ok to have hobbies or spend time on your devices. But however much time you spend doing those things, spend more time with God! If you spend 2 hours on social media, then spend 3 hours with God. Have your earthly things, but love God even more! Make Him your number one desire!
2. What are some earthly treasures that are taking up too much of your time?
3. What are some heavenly treasures that you need to do more of? (spa, prayer, fruit of the spirit, etc.)

THE CURE FOR ANXIETY



Matthew 6:25-27

"25 This is why I tell you to never be worried about your life, for all that you need will be provided, such as food, water, clothing—everything your body needs. Isn't there more to your life than a meal? Isn't your body more than clothing? 26 "Look at all the birds—do you think they worry about their existence? They don't plant or reap or store up food, yet your heavenly Father provides them each with food. Aren't you much more valuable to your Father than they? 27 So, which one of you by worrying could add anything to your life?" TPT

"25 For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? 27 And who of you by being worried can add a single hour to his life?" NASB

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EXTRA QUESTIONS:

1. *What are some of your biggest worries? Is it school? Friends? Family? Health? College? Why do these things worry you?*
2. *Whenever you feel worried or anxious, ask God to show you where he is in all of these areas in your life and invite the Holy Spirit to fill you. What is he showing you? Remember that God truly is our provider for all our physical, emotional, and spiritual needs.*

DON'T BE CRITICAL



Matthew 6:33-34

"Refuse to be a critic full of bias toward others, and judgment will not be passed on you. 2 For you'll be judged by the same standard that you've used to judge others. The measurement you use on them will be used on you. 3 Why would you focus on the flaw in someone else's life and yet fail to notice the glaring flaws of your own? 4 How could you say to your friend, 'Let me show you where you're wrong,' when you're guilty of even more? 5 You're being hypercritical and a hypocrite! First acknowledge your own 'blind spots' and deal with them, and then you'll be capable of dealing with the 'blind spot' of your friend." TPT

"Do not judge so that you will not be judged. 2 For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. 3 Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye? 4 Or how can you say to your brother, 'Let me take the speck out of your eye,' and behold, the log is in your own eye? 5 You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye." NASB

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EXTRA QUESTIONS:

1. Sometimes we are critical of others because we feel out of control, jealous, or insecure. The truth is that you are valuable! You don't have to judge others to make yourself feel valuable. Instead, ask God to show you how he feels about you. Write it down. When we feel valuable and loved, we can also value and love others.
2. Instead of being critical how can you be encouraging this week?
3. Tip: if you ever need to give feedback, always use the "grace sandwich" Share something good, then something to improve, then something good again.

SEEK THE KINGDOM



Matthew 7:7-11

"7Ask, and the gift is yours. Seek, and you'll discover. Knock, and the door will be opened for you. 8 For every persistent one will get what he asks for. Every persistent seeker will discover what he longs for. And everyone who knocks persistently will one day find an open door.9 "Do you know of any parent who would give his hungry child, who asked for food, a plate of rocks instead? 10 Or when asked for a piece of fish, what parent would offer his child a snake instead? 11 If you, imperfect as you are, know how to lovingly take care of your children and give them what's best, how much more ready is your heavenly Father to give wonderful gifts to those who ask him?" TPT

"7Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. 9 Or what man is there among you who, when his son asks for a loaf, will give him a stone? 10 Or if he asks for a fish, he will not give him a snake, will he? 11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give what is good to those who ask Him!" NASB

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EXTRA QUESTIONS:

1. *Jesus is saying that if we persistently ask, seek, and knock on the doors of Heaven, that God will give us His best. If we actively pursue God's wisdom, love, joy, patience, kindness, faith, knowledge, friendliness, etc., he'll give it to us. But it's not just asking once. It's asking persistently, actively seeking, consistently trying your best to live it out! So what do you want more of from the Holy Spirit? Ask Him! What does it look like to seek and actively live out what you're asking for?*