

STUDENT DISCUSSION GUIDE

Sermon on the Mount – Session 5

How Do We Live Without Fear or Judgment?

Matthew 6:25–7:12

Session Focus

In this session, Jesus addresses two struggles that shape everyday life: **worry about our own lives** and **judgment toward others**. He reveals that both flow from fear and insecurity—and both are transformed when we learn to trust God as our Father. This study invites us to reflect on how prayer reshapes our hearts and leads us to live out Jesus' call to love others.

Opening Reflection

Think about a recent situation where fear affected how you responded.

- Did fear show up as worry or anxiety?
- Did it show up as frustration or judgment toward someone else?

What did that moment reveal about what you were trusting?

Scripture Reading

Read **Matthew 6:25–7:12**.

As you read, notice how Jesus moves from:

- worry about life,
 - to judgment of others,
 - to prayer,
 - and finally to the Golden Rule.
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Key Idea

Jesus teaches that fear distorts how we see both God and people.

But when we learn to trust the Father, prayer reshapes our hearts—moving us from anxiety and judgment toward humility, compassion, and love.



PART 1: WORRY AND THE FEAR OF UNCERTAINTY

(Matthew 6:25–34)

Jesus speaks directly to anxiety about food, clothing, and the future. He reminds His listeners that life is more than material security and that worry cannot actually add to or control life.

Reflection Questions

1. What kinds of things do people most commonly worry about today?
2. Why does worry often feel responsible or necessary?
3. What does Jesus reveal about God through His care for creation?

Personal Notes:

PART 2: TRUSTING THE FATHER'S CARE

(Matthew 6:28–30)

Jesus points to the flowers of the field to show that God cares deeply for His creation. The deeper issue beneath worry is not effort, but trust.

Reflection Questions

1. What does striving for security look like in everyday life?
2. Why is it sometimes difficult to trust that God truly cares for our needs?
3. How does remembering God's character change how we face fear?

Personal Notes:

PART 3: JUDGMENT AND SELF-EXAMINATION

(Matthew 7:1–5)

Jesus warns against judging others while ignoring our own hearts. Through the image of a speck and a log, He shows how pride blinds us and humility restores clarity.

Reflection Questions

1. Why is it easier to notice flaws in others than in ourselves?
2. How does self-examination change the way we relate to people?
3. What happens when correction lacks humility?

Personal Notes:



PART 4: HUMILITY WITH DISCERNMENT

(Matthew 7:6)

Jesus reminds His followers that wisdom still matters. Discernment is not abandoned, but practiced with humility and care.

Reflection Questions

1. How can discernment be practiced without becoming judgmental?
2. Why is humility important when making wise decisions?
3. What helps us know when a conversation may or may not be fruitful?

Personal Notes:

PART 5: PRAYER AS THE TURNING POINT

(Matthew 7:7–11)

After addressing worry and judgment, Jesus points to prayer. Asking, seeking, and knocking reflect trust and dependence on God as a good Father.

Reflection Questions

1. How does prayer change how we face fear and uncertainty?
2. Why does judgment toward others lessen as prayer deepens?
3. What keeps people from praying honestly or persistently?

Personal Notes:

PART 6: THE GOLDEN RULE

(Matthew 7:12)

Jesus concludes this section with a summary of the Law and the Prophets: treating others the way we want to be treated. This way of life flows from a heart shaped by trust, humility, and prayer.

Reflection Questions

1. Why is the Golden Rule difficult without trusting God?
2. How does fear prevent us from loving others well?
3. Where might God be inviting you to practice this teaching?



Personal Notes:

Personal Reflection

Take a few moments to reflect quietly.

- Where do you struggle more: worry about your life or judgment toward others?
- What fears might God be inviting you to surrender?
- How could prayer reshape the way you see God and people?

Personal Response:

Closing Prayer

Ask God to deepen your trust in Him, to reshape your heart through prayer, and to help you treat others with humility and grace.

Optional Take-Home Practice

This week:

- Pray daily about one fear or concern.
 - Pay attention to moments when judgment arises.
 - Intentionally practice treating someone with grace and compassion.
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Final Thought

Fear leads to worry and judgment.

Trust leads to prayer, humility, and love.

As we learn to trust the Father, our hearts are transformed—and we begin to live the life Jesus calls us to live.

