

STUDENT DISCUSSION GUIDE

Sermon on the Mount – Session 4

Who Are You Really Living For?

Matthew 6:1–24

Session Focus

In this section of the Sermon on the Mount, Jesus looks beyond outward behavior and speaks directly to the heart. He challenges us to consider **why** we do what we do — especially when it comes to faith. This session invites us to reflect honestly on our motives, our priorities, and who we are truly living for.

Opening Reflection

Think about a time when you did something good but hoped someone would notice or appreciate it.

- What motivated you in that moment?
- How did recognition (or lack of it) affect how you felt afterward?

Take a moment to jot down your thoughts.

Scripture Reading

Read **Matthew 6:1–24**.

As you read, pay attention to the repeated contrasts Jesus makes and the words He uses to describe the heart, reward, focus, and devotion.

Key Idea

Jesus teaches that true righteousness is not about appearances, but about **who our lives are directed toward**. What we value most will shape our actions, our focus, and our loyalty.

PART 1: WHO IS YOUR AUDIENCE?

(Matthew 6:1–18)

Jesus speaks about three common religious practices:

giving, prayer, and fasting. In each example, He warns against doing good things in order to be seen and praised by others.



Reflection Questions

- Why is it so tempting to want others to notice our spiritual actions?
 - How can faith slowly turn into something we perform instead of something we live?
 - What might it look like to practice faith “in secret” today?
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Personal Notes:

PART 2: WHAT HAS YOUR HEART?

(Matthew 6:19–21)

Jesus shifts the focus from religious actions to inner priorities. He explains that what we treasure most will ultimately shape where our hearts rest.

Reflection Questions

- How would you define “treasure” in everyday life?
 - What are some things that commonly compete for people’s hearts today?
 - How can you tell where your own treasure truly is?
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Personal Notes:

PART 3: A DIVIDED LIFE CANNOT STAND

(Matthew 6:22–24)

Jesus uses two strong images to make His point:

- A healthy vs. unhealthy eye (focus)
- Two masters (loyalty)

He makes it clear that a divided heart leads to a divided life.

Reflection Questions



- What does a “divided heart” look like in real life?
 - Why do you think Jesus says we cannot serve two masters?
 - How does divided loyalty affect peace, clarity, and trust in God?
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Personal Notes:

Personal Reflection

Take a few quiet moments to reflect honestly.

- Who is my primary audience when I make decisions?
 - What most strongly competes for my attention, security, or devotion?
 - Where might my heart be divided right now?
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Personal Response:

Closing Prayer

Ask God to help you live with an undivided heart. Pray for freedom from living for approval, and for deeper trust in God’s care, presence, and reward.

Optional Take-Home Practice

This week:

- Practice one spiritual discipline quietly and intentionally
 - Notice what captures your focus, worry, or excitement
 - Ask yourself daily: **“Who am I living for right now?”**
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Final Thought

Jesus is not calling us to impress others —
He is inviting us to live fully for God.

A life directed toward Him leads to freedom, clarity, and lasting reward.

