

322 Live Well Today (Come Follow Me; New Testament March 3)

Outline

- a. Prayer
- b. Follow up
- c. Reading Review
- d. Nugget
- e. Devotional
- f. Lesson
 - i. Questions and comments
 - ii. Lessons from last week
 - iii. Motivation: Do good to do good (rest is bonus)
 - iv. Prayer
 - v. Forgiveness
 - vi. Priorities/Investment
 - vii. Trust God
 - viii. Today is enough
 - ix. Judging
 - x. Pigs and pearls
 - xi. Ask, and receive
 - xii. Golden rule
 - xiii. Judging fruits
 - xiv. Do/Practice/Become
 - xv. Participation
 - xvi. Challenge
 - xvii. Preview
 - xviii. Resource recommendations
2. Conclusion

Prayer: Lord's Prayer, so worth memorizing!

Our Father which art in heaven, Hallowed be thy name.

10 Thy kingdom come, Thy will be done in earth, as it is in heaven.

11 Give us this day our daily bread.

12 And forgive us our debts, as we forgive our debtors.

13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Follow up (How did home study go? This is such a great opportunity!) Will bring in a few points from last week's reading into the lesson

Reading Review

These chapters are like the superfood shakes that I like to drink in the morning (show them). Concentrated spiritual nutrition!

Not surprisingly, Jesus' teaching is so tight and elegant that we can just go through it point by point.

Matthew 6:

Do good and pray because it is right; not for recognition or status

Lord's prayer

Forgive and be forgiven

Priorities and investment

Trust God/the process

There is enough to worry about today

Matthew 7:

Judging

Pigs and pearls

Ask, and you will receive

Golden rule

Wolves in sheep's clothing
By their fruits you will know them
Act on what you hear.

Nugget: Form criticism "Sitz im Leben" (Notice how the sayings about light and salt are grouped together; this sermon could have been compiled, explain the doctrinal implications, nature of scripture, but that's ok, because that is already how things are!) Sermon on the Mount and Book of Mormon... we already know that Jesus didn't deliver this as we have it, because Jesus is mostly following KJV Matthew in English!)

Devotional: Alchemy! Transform and reframe emotions. Feeling anxiety and shame? Try this: "I am feeling extra energy around this topic. I will choose to act this way" Secondary emotions, feelings about feelings, the power of matter-of-factness. Name what you are feeling, in the moment, without giving it added power.

Lesson

Questions and comments

Participation: Which of Jesus' teachings most impacted you?

From last week:

Review from home study:

What principles underlying antitheses?

How can our love become self-centered? (fun provocative way to think of it) come from us, internalized integrity, not to get anything from anyone else)

This is what "perfect" means: To love as God loves. (Look at this very carefully: Jesus directly links loving in a proactive rather than responsive way to being as God is, being perfect. It is not only a command, but a promise. "If you do this, you will become perfect as God is")

Motivation: Do good to do good (rest is bonus, order of operations, where is your intention, weight, focus, same thing not always the same thing)

Prayer

We should pray for ourselves, our personal relationship with God, not for admiration (Mention my chaplain prayers)

Let's unpack the Lord's prayer:

Remember God with reverence. Focus on God's will being done. Dedicate ourselves to bringing about God's will on earth. Focus on our needs right now. Understand our need for forgiveness, as well as the importance of forgiving others. Pray for the support to live as we should.

Powerful, powerful guide.

Forgiveness

How repentance and forgiveness work--compassion for ourselves and others (seems to be a spiritual law in effect)

I'm beginning to wonder whether there is a principle even deeper than forgiveness... ACCEPTANCE. The work of grief is to update to what is. The work of acceptance is to update to what is. Yes, we can choose our investments and we need to have boundaries around relationships, but that is all part of acceptance. We have to start with the way things truly are.

Priorities/Investment

Our heart truly is where we spend our time. We may say "I love you", but our *investment* of time and resources is what demonstrates our love.

Love is an action verb.

One of my favorite stories:

Because of his great love for science, Henry Eyring encouraged each of his sons to major in physics as preparation for a career in science. It was while Hal was studying physics at the University of Utah that an exchange with his father marked one of those defining influences. He asked his father for help with a complex mathematical problem. “My father was at a blackboard we kept in the basement,” Elder Eyring recalls. “Suddenly he stopped. ‘Hal,’ he said, ‘we were working this same kind of problem a week ago. You don’t seem to understand it any better now than you did then. Haven’t you been working on it?’”

A little chagrined, Hal admitted he had not. “You don’t understand,” his father went on. “When you walk down the street, when you’re in the shower, when you don’t have to be thinking about anything else, isn’t this what you think about?”

“When I told him no,” Elder Eyring concludes, “my father paused. It was really a very tender and poignant moment, because I knew how much he loved me and how much he wanted me to be a scientist. Then he said, ‘Hal, I think you’d better get out of physics. You ought to find something that you love so much that when you don’t have to think about anything, that’s what you think about.’”

If you aren’t spending time and attention with something or someone at least once a week, you aren’t showing love for it.

<https://www.lds.org/study/ensign/1995/09/elder-henry-b-eyring-molded-by-defining-influences?lang=eng>

Trust God (God will provide; support and resources surround us)

Today is enough (don't worry/be anxious) Be in the moment. Deal with the moment. Be present. Engage with what is. Be in the moment, practice healthy behavior, then take the next right step.

Judging (Discernment, prejudice, boundaries, choices. Every moment requires some degree of judgment; we also need compassion, perspective, etc)

Pigs and pearls (Dosing, discernment, contextual appropriateness, wisdom. One of the hardest lessons for me. I don't like the negative of "pigs", but contextual appropriateness of sharing is important, or people can get hurt)

Ask, and receive (Communicate directly, gently. It takes courage, but often works)

Golden rule (Prevalence of this amazing principle. Gold, Platinum, Diamond)

Judging fruits (Our words reflect what we want to be true; our actions reflect what IS true). When someone shows you what they are, believe them.

Judging (Discernment, boundaries, order of operations)

The secret: Look at *actions and behaviors* The wolves want credit for what they are saying, but don't follow through with actions. That is why we look at actions and fruits.

Do/Practice/Become

Challenge: Whenever you are bothered by someone's else's behavior, ask yourself what it teaches about you, and how you can work on that

Preview: Matthew 8-9; Mark 2-5: Healing discipleship, teaching and healing with power. Effective ministry. My favorite topic!

Resource recommendations: Wayment's New Testament, again. Also Brown and Powell's introduction to the NT. ESV Study Bible. Oh, and Oxford Commentary.

Conclusion

Right Relationship. Right target. Right order. Right work. (very pertinent to and inspired by this sermon!)

Do the work. Do YOUR work.