



SUMMIT: A STUDY THROUGH THE SERMON ON THE MOUNT

SCRIPTURE: Matthew 5:1-3; Matthew 6:1-16; **humility**

One of the most famous speeches or sermons ever given was spoken by Jesus on a mountainside. Today we call it "The Sermon on the Mount." And it's found in Matthew chapters five, six and seven.

Matthew 5:1-2

¹Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ²and he began to teach them.

Notice the scene. There are so many people coming to hear Jesus that he went up on a mountainside to teach them.

He climbs up a little ahead of the people so more people could **see** and **hear** him. But think about the image. Here are the people looking up at Jesus from the valley.

At this point Jesus launches into 9 statements designed to move us closer to Him and into GREATER FAITH.

The Valley (lowest point / 3-5).

The Ascent (the climb / 6-8).

The Summit (reaching the top / 9-12).

Similar to any climbing experience *it starts in the VALLEY* below the mountain, *moves into the ASCENT* up and then with persevere and push *the SUMMIT* is reached.

Our walk with Jesus is very similar: We often find ourselves in VALLEYS, and very LOW POINTS in our life.

As we grow in faith and obedience, our ASCENT toward Him can often be DIFFICULT.

And ultimately our goal is to reach the SUMMIT - a lasting and tight connection to Jesus.

Life is full of peaks a valleys.

Remember the scene, Jesus is up on the mountainside and the people are below, looking up to him...

Right now, I think we would all agree, we are in a valley. Here's my question, who are you looking up to during these times?

The government?

Your family?

Your boss?

Facebook?

Close friends?

Where do you go in times of trouble?

Psalms 121:1-2

¹I lift up my eyes to the mountains—where does my help come from? ²My help comes from the Lord, the Maker of heaven and earth.

Let me encourage you in this during this time in the valley, keep your eyes on Jesus.

Jesus sits down and begins to teach the people...

Matthew 5:3

³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Things to define here...

"blessed" - **mak-ar'-ee-os**; supremely blest; by extension, fortunate, well off:—blessed, happy(X-ier).

beyond happy - *you feel relief when you come to this conclusion.*

"poor in spirit" - BROKEN - it's when we realize and accept that we are not o.k. and that we need Jesus.

We are beyond happy when we realize that it's ok to not be ok. It's ok that we in and of ourselves are not perfect.

We need the help and reassurance found in Christ.

"poor in spirit" sometimes we have to recognize that we don't have all the answers. We have to submit to the fact that there is someone who knows more than we do.

There is a sense of relief and peace knowing that we don't have to be perfect because God exists and He is the only one who is perfect.

Jesus starts the sermon on the mount by saying,

Matthew 5:3

³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"happy are those who can recognize that they don't have it all figured out, for theirs is the **kingdom of Heaven**"

Want to be a part of God's kingdom? Stop trying to figure it out on your own.

The realization of our **BROKENNESS**, and our **NEED FOR JESUS** is the **FIRST STEP** out of the valley.

Here's what it's about... Humility.

Several times in this sermon, Jesus leans in on this idea of humility.

When Jesus is talking about giving to others he says this...

Matthew 6:1

¹ "Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

When Jesus talks about prayer he says...

Matthew 6:5-6

⁵ "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

When Jesus talks about fasting he says...

Matthew 6:16

¹⁶ "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

Don't make your spirituality about you, make it about God. Don't make it a show, live out your faith with humility.

James says it this way...

James 4:10

¹⁰Humble yourselves before the Lord, and he will lift you up.

Think about this... James, the brother of Jesus says to humble yourself before God. How much humility do you think it took to be Jesus little brother?

Blessed are the poor in Spirit, for theirs is the kingdom of God.

When we look up from the valley and see the journey ahead, we should be humbled.

When we look up from the valley and see Jesus seated above us we should be humbled.

When we realize that we are broken and that we need Jesus, it is the first step out of the valley.

Want a deeper faith in Christ? It starts in the Valley.

You see... How you spend your time in the valley, prepares you for **the ascent** and **the summit**.

I love this quote from Alex Honnold...

Free-soloing makes up only a small percentage of my total climbing. But when I do solo, I manage the risk through careful preparation.

What you do in the valley will prepare you for the climb ahead.

Maybe we are in the valley right now, Let's use this time to prepare for the journey ahead.

Small Group Questions.

1. Have you ever been rock climbing or indoor rock wall climbing? What was your experience?
2. Are you handy, and able to do projects around the house? What are some things you have fixed, or tried to fix? What was the outcome of the project?
3. Blessed are the poor in spirit, for theirs is the kingdom of heaven. This is how Jesus begins His teaching. What does this tell you about how God sees and cares for us?
4. What is your thought on the Dave's quote, "how you spend your time in the valley prepares you for the summit."?
5. Alex Honnold said in the movie, "**Free-soloing makes up only a small percentage of my total climbing. But when I do solo, I manage the risk through careful preparation.**" How does this relate to our spiritual lives?