

God Time Day 1: Measuring Good, Part 1



Read Matthew 5:21-22, 27-28, 31-32, 33-37
²¹You have heard that it was said to our ancestors, Do not murder, and whoever murders will be subject to judgment. ²² But I tell you, everyone who is angry with his brother or sister will be subject to judgment. Whoever insults his brother or sister, will be subject to the court. Whoever says, 'You fool!' will be subject to hellfire. . . .

²⁷You have heard that it was said, Do not commit adultery. ²⁸ But I tell you, everyone who looks at a woman lustfully has already committed adultery with her in his heart. . . .

³¹ It was also said, Whoever divorces his wife must give her a written notice of divorce. ³² But I tell you, everyone who divorces his wife, except in a case of sexual immorality, causes her to commit adultery. And whoever marries a divorced woman commits adultery.

³³ Again, you have heard that it was said to our ancestors, You must not break your oath, but you must keep your oaths to the Lord. ³⁴ But I tell you, don't take an oath at all: either by heaven, because it is God's throne; ³⁵ or by the earth, because it is his footstool; or by Jerusalem, because it is the city of the great King. ³⁶ Do not swear by your head, because you cannot make a single hair white or black. ³⁷ But let your 'yes' mean 'yes,' and your 'no' mean 'no.' Anything more than this is from the evil one.



List the laws Jesus cites ("you have heard it said _____"):

Verse 21: _____

Verse 27: _____

Verse 31: _____

Verse 33: _____



Do you think keeping these laws – the letter of the law – make you a good person in God's eyes? Why or why not?

God Time Day 2: Measuring Good, Part 2



Reread Matthew 5:21-37 from Day 1 and review your answers to the "you have heard it said _____" laws.

In what ways does Jesus raise the bar to each of these when He says, "But I tell you _____"?



Verse 22: _____

Verse 28: _____

Verse 32: _____

Verse 34: _____

Jesus addresses the heart instead of just the behavior. Goodness is about more than mere compliance with a set of rules; it is about having a heart like God's.



Pray that God will shape your heart to be more like His.

God Time Day 3: Never Good Enough



Our attempts to achieve goodness on our own always reveals that we cannot do so. That sense of failure – even if subconscious – results in one of two things:

1. We make our own set of rules so we can feel like we are better than those who don't follow our rules.
2. We stop caring about any rules.

Give up trying to achieve goodness on your own and instead, rely on Jesus' goodness and grace invitation. But like any invitation, it can be accepted or rejected.



Are you trying to earn your way to God with your goodness or by relying on the grace He offers through Jesus Christ?

If you need to accept His invitation, please connect with any of our staff or ministry leaders. Call or email us today!

God Time Day 4: Cut Out the Junk



When we stop trying to achieve goodness and start relying on God's grace, it doesn't mean that we do nothing. It means we cut out the junk and start doing things differently. Different may not mean perfect, but we keep working towards it.



Read Matthew 6:24
No one can serve two masters, since either he will hate one and love the other, or he will be devoted to one and despise the other. You cannot serve both God and money.

How are the opening and closing phrases similar? (Compare the first six words with the last six words.)



Compare the two middle phrases. How are they similar?

Based on this whole verse, can we serve God if we continue to pursue what He is not calling us to do?

So how do we cut out the junk? We admit that we cannot achieve goodness on our own. Instead, we let Jesus displace the junk with His Spirit and change our heart as only He can do. The more we are filled with the will of God and His kingdom, the less room there is for anything that gets in the way of serving Him.

The first step is to make room in our heart. We may need to do some house cleaning. Meditate on the following verses in heartfelt prayer and then put them into action this week.



Read Ephesians 4:30-32
³⁰ *And don't grieve God's Holy Spirit. You were sealed by him for the day of redemption.* ³¹ *Let all bitterness, anger and wrath, shouting and slander be removed from you, along with all malice.* ³² *And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.*

God Time Day 5: Fill Your Mind with Jesus



Here are four spiritual practices which can help to fill your mind and heart with Jesus and cut out the junk. Give yourself a current 1 (low) to 10 (high) rating for each:

1. **God's Word** – regular reading and study of the Bible trains our minds to see things from God's perspective.

1 2 3 4 5 6 7 8 9 10

2. **Worship** – honoring God for who He is, His goodness and mercy, His power and majesty, puts our perspective of this world in its rightful place.

1 2 3 4 5 6 7 8 9 10

3. **Purpose** – serving God's purposes through ministry helps us to set aside our selfish concerns and see more clearly how we were made to be a blessing to others.

1 2 3 4 5 6 7 8 9 10

4. **People** – gathering and serving with other followers of Christ allows us to encourage one another and help each other grow in faith.

1 2 3 4 5 6 7 8 9 10

As you focus on these four areas, the enemy will tempt you to displace your time by giving you "better" things to do, or convince you that you "deserve" a "me" activity, etc.



How can you move up one or two numbers this week?

1. **God's Word** _____

2. **Worship** _____

3. **Purpose** _____

4. **People** _____
