

Wednesday, April 10, 2019
Wednesday Night Couples Groups
Balancing Life's Demands-week 7

Warning: Personal Discipline Can Be Hazardous to Your Health

Jesus' Warning #1:

In our pursuit of "seeking first" His righteousness there is the... ..danger of **DISTORTION**.

Matthew 5 overview:

Matthew 5:3-12- The reward and character of His true followers

Matthew 5: 13-16- Salt and Light examples

Matthew 5: 17-20- The relationship of this new teaching to the law

True righteousness- Matthew 5:20

You have heard it said...but I say to you

External vs Internal

Doing vs Being

Duty vs Devotion

Performance vs Relationship

Guilt vs Grace

Letter vs Spirit

Head vs Heart

Jesus' Warning #2:

In our pursuit of "seeking first" His righteousness there is also the...

...danger of **DECEPTION.**

Matthew 6:1-18

- **Giving - Key Issue = **MOTIVE** Matthew 6:1- 4**
- **Prayer- Key Issue = **DISCERNMENT** Matthew 6:5-8**

- **Fasting - Key Issue = PERSPECTIVE Matthew 6:16-18**

Application: **SECRECY** is God's method of keeping our motives pure.

Summary: **Spiritual disciplines are ESSENTIAL** but become dangerous when they become means to gain the REWARD of men rather than deepen our RELATIONSHIP with God.

Discussion Questions

1. In brief, summarize the two principles taught today with regard to discipline in our spiritual lives: the principles of distortion and deception.
2. How is it that even our efforts to draw near to God can sometimes be destructive to our relationship with God?
3. What aspect of this message hit "closest to home" with you? Why?
4. Discuss the balance needed with regard to our will and effort, God's grace, accountability and maintaining pure motives as they relate to "seeking first" His righteousness in your life right now?