

✦ The Upside Down Kingdom

Listener Reflection Worksheet

Episode 3: Matters of the Heart — Anger, Lust, Divorce, & Oaths

Scripture Focus: Matthew 5:21–37

Name: _____ | Date: _____

📖 Read & Reflect

"But I tell you that anyone who is angry with a brother or sister will be subject to judgment." — Matthew 5:22 (NIV)

📖 1. Scripture Reading

Read Matthew 5:21–37.

Which teaching challenges you the most—anger, lust, divorce, or oaths? Why?

🧠 2. Context & Summary Reflection

Jesus goes beyond outward obedience to address the heart. Holiness is not just about avoiding sin but about cultivating purity, integrity, and reconciliation.

In your own words, summarize what Jesus is teaching about the heart and righteousness.

🔍 Digging Deeper

3. Observation

What patterns do you notice in how Jesus says, "You have heard it said... but I tell you...?"

4. Interpretation

What does this reveal about the difference between legalism and true righteousness?

5. Application

Where is Jesus inviting you to deeper integrity and purity in thought, word, or action?

✦ Personal Reflection

6. Self-Examination

Are you harboring hidden anger, bitterness, or compromise? Be honest with God and yourself.

7. Invitation to the Holy Spirit

Ask God to heal your heart where sin takes root and invite Him to make you whole. What is He showing you?

🎯 Challenge of the Week

8. Weekly Challenge

Take ONE step toward healing a relationship or guarding your heart this week (apologize, forgive, set a boundary, remove a temptation). What will you do?

 Scripture Memory

Matthew 5:37 (NIV):

"All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."

9. Write out the Scripture Memory verse below:

One Week Later...

10. Write about your experience/testimony as you practiced heart-righteousness:

 Share with us at btl-ministries.org.
