

# our TUESDAY

A WOMEN'S BIBLE STUDY  
FOR YOU, FOR HER, FOR US

AUG 2017  
*sermon on the mount*



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# introduction

Hello!

How did it become August behind my back!? It slips in somewhere between the start the school supplies filling the aisles of stores and the Dog Days of summer. The You've Got Mail reference of *bouquets of sharpened pencils* always comes to mind! The clean packs of crayons and notebook paper woo me even though I have been out of school for quite sometime. Now I buy them for my daughters - someone pinch me! The irony of life never ceases to amaze me. How can I have a love/hate with school while I'm in classes and then, with a snap of the finger, I'm trying to teach my children how to love learning and the benefits of reading and curiosity?

The older I get, the more I realize how much I do love to learn. (Probably because no one is grading me!) Granted, I learn in my own way and the way that makes the most sense in my brain. Bible study is such a treasure like that. Since we serve such an enormous creator we can worship and learn from him in ways that connect us to his heart. I can worship through writing, singing, painting, picking flowers, cooking a beautiful meal or wrestling with my kids and making them laugh till their faces hurt. All worship. All connecting. All good and valuable.

Academic study can be the same way. We worship academically through rightly dividing scripture (2 Tim. 2:15). We honor him by learning more about him! I'd have a pretty terrible marriage if I only knew the surface version of my husband. I show Brad that I love him by learning about him and our relationship with the Lord is that same way. If you've never studied this way I'm excited to walk through some of the tools and resources I use with you. And if you're an old pro, then would you pass this study on to someone who might really need it?

I've got a vision for Our Tuesday and I believe we've got some big theological topics to cover as a group but we need to be one in the same so that we can grow together. Our 2 hour gathering once a month is the highlight of my

month but life change takes daily commitment to the disciplines of our faith. And our faith comes alive in a God that called 40 writers on 3 different continents to listen to the Holy Spirit and transcribe words and messages from an invisible, yet unmistakable, God.

As we learn together how to better handle the word of God, I'd love to hear what you're learning and loving. Podcasts, music, books...send them my way! Shoot me an email at **hello@ourtuesday.com**.

Let's sharpen those pencils and open to a fresh page of notebook paper. ***It's time to study.***

*Lanie Beth*

PS- I want to thank Brad, Jennifer, Hannah and Kori. Without you four, these words would have never left a document on my computer. Thank you for your love for our Father and for these women to learn more about Him. You are such treasures!

# a note from jeff & courtney

Hello ladies!!

I just want to start off this little excerpt by saying THANK YOU!! Thank you for showing up. Thank you for reading and meditating on these study guides. Thank you for singing LOUD and partnering in heaven with us to bring praise to our Father. I am so encouraged by all of you and worshipping with you all is such a joy.

I wanted to talk a bit about the song we sang tonight, or scripture, rather. You can find the lyrics straight from Psalms 19:14.

*May these words of my mouth and this  
meditation of my heart  
be pleasing in your sight,  
Lord, my Rock and my Redeemer.*

The Father recently spoke in my heart on the importance of singing the scriptures. Singing them over my life, my husband, my children, my circumstances, my friends, my everything. The bible says that He sings over us (Zeph 3:17) and if he is living in us, it is time for us to start singing!! This month, our family has been focusing on changing our perspective and renewing our minds. It is a constant battle to focus on the good amidst the bad (or not what you wanted to happen). For example, 2 of our boys had birthdays this month and our 6 year old daughter had a bit of a hard time rejoicing with them. I am sure none of you wonderful mothers have ever experienced this sort of thing. ;) We had to renew our attitudes and pray for love to break through quite a few times. We started memorizing this verse as a family.

I was reminded of an exercise that I learned a few years ago when I interned at the House of Prayer called the Meditation Manual. Basically, it is a really awesome way of hiding the word in your heart and helping it come alive to you. The main focus is to pick your scripture- for us it was Psalm 19:14- and “**read it, write it, say it, sing it, pray it.**” I read it aloud to the children, we then wrote it, we took turns speaking the scripture, we sang it, (thankfully Shane and Shane has an awesome rendition that we were able to use) and we prayed that our words and thoughts would be pleasing to our Father. We have tried to do this at least 3 times a week, with the same scripture for about 4 weeks now. Just about every time we open our hearts to pray and sing and speak, a fresh revelation comes and it is just like a kiss from heaven.

There is something about hearing your own voice speaking the truth. The sound of declaration wakes up the spirit and stirs the heart. I want to encourage you all to try the “Meditation Manual” the next time you read the word. Try it with your children. It has changed my way of thinking and learning the scriptures.

Love to you all!

*Courtney*

| MAY THE WORDS OF MY MOUTH |

**May the words of my mouth  
And the meditations of my heart  
Be pleasing to You  
Pleasing to You**

**May the words of my mouth  
And the meditations of my heart  
Be pleasing to You my God**

**You're my rock and my redeemer  
You're the reason that I sing  
I desire to be a blessing in Your eyes  
Every hour and every moment  
Lord I want to be Your servant  
I desire to be a blessing in Your eyes**

*Words: Terry Butler  
Score: Shane and Shane*

# unpacking the Lord's prayer

*by roberta saffels*

Have you ever found yourself in a place in which you just don't know how to pray, or what to pray and then you look around and a friend or an acquaintance just seems to find the right words to express what you didn't even know was there but your heart just says Amen, Amen and Amen? This does not mean your friend is more Spiritual than you, it means God has given them the gift of words, of expression. In Romans the Apostle Paul tells us about this "*Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.*" In Rom 8:26 Jesus also recognizes that we might find difficulty coming to the Father in prayer and finding the words to truly express the deep longing of our hearts. Since He knows us better than ourselves, He offers us the Lord's prayer. The intent isn't that we just recite written prayers without a mere discipline but that we use these prayers as a guide on how we can pray or as a way of expressing our soul to the Lord when we can't find the words to say. This month we wanted to introduce a written prayer we hope can help you as you enter this space of learning and growing in your knowledge of the Lord.

**Father, your love is my source of life. Jesus, in your grace I dwell and find hope. Holy Spirit, it is your presence that gives me comfort. Lord, You are the one that gives taste and color to all things. The one that makes all things beautiful. Lord, give me the desire to be spent for the sake of your glory, so my life will speak of You. Help me be generous with my influence so that my saltiness becomes a delightful flavor and my light inviting. Teach me your ways, oh Lord! That I may delight in your word and crave it daily. That learning from you becomes the highlight of my days. Give me understanding to live out your will and precepts in a way that brings joy and delight to Your heart. Help me take your word more seriously than anything else in my life.**

**Help me recognize the ways in which I allow my reasoning to prevent me from living a life that is totally abandoned for you. Guard my eyes, my mind, my heart, my mouth, everything within me from becoming an instrument of my own desires. Guard me from finding excuses to justify and make room for sin in me. Help me recognize when sin is trying to make its way in. Give me courage, discernment and strength to be as ferocious against the sin in me as a lioness is against her prey. I pray you give me extraordinary love and unimaginable grace to embrace others**

when they wrong me, that I may be quick to forgive and generous in my love towards them. Give me grace for the ungracious, give me love for the unlovable, give me understanding for the hard headed. Give me your eyes to see them as you me.

May the motivation of my heart and the words of my mouth bring a smile to your face. And may that smile be my one reward. Protect me from my own pride and desire to be seen and noticed, and help me find myself truly humbled by your goodness. That I will never fail to recognize that it is your Spirit in me that produces any fruit I may bear. May your will be done in earth as it is in heaven. In my heart, my family, my community as it is in heaven! Teach me to know what is truly important to you, and what should be truly important to me. You know I get distracted with things that won't hold the test of time, help me focus on what truly will. Remind me of your purpose and plan, of what came before me and what will be after me.

Father forgive me for the days in which I forget that you are good and that you care for me and the ones I love. You are the provider for our needs! Teach my heart to be content in your provision and find beauty in your goodness. Free me from anxious thought and greedy desires.

Father I want to be known by someone that is gracious and non-judgmental, someone that is truly inviting. Every time I think ill of the ones your created, would you remind me of my own shortcomings and how you still welcomed me in? Lord, you are generous and good. You delight in lavishing your daughters with good gifts. Give me the boldness to bring to you my hopes and dreams. I trust you for the simple everyday things as well as the complex and complicated things in my life. I know you are good and you see me. I know that you hear me and I know you have my good in mind. Help me to be like an understanding daughter that delights in her father's will. There are days in which your will is hard and seems impossible; for those days I ask you help me stay true to you and make the hard choices knowing your eyes are on me and your Holy Spirit walks with me. Give me discernment to hear the voice of wisdom and shut off from my life the influences for evil.

May your wisdom guide me and hold me, may my feet be firmly planted in your principles forever.

Amen





NO. 1

**Salt, Light, &  
Fulfillment of the Law**

*Matthew 5:13-20*



| MATTHEW 5:13-20 |

Salt and Laws get a bad rap, don't they? Salt isn't heart healthy and yet we've all had french fries without salt and practically shunned them due to their lack of flavor. Laws, believe it or not, were not made to be broken. They were part of an ancient historical way of life that, while not the end goal, served people well so that they might understand the guardrails of how to act. In today's lesson, you'll be reading all about how Salt is a good thing and in fact, something we should strive to be sans the iodization. Also, the Law is an incredibly beautiful system that was set in place and while Jesus came to fulfill the law, not to abolish it, yet he went about the process in a very different way than his people thought he would. Let's read and study together to piece together these concepts straight from the mouth of Jesus:

**What are our subheadings in this section?**

**Right off the bat, how do your emotions react when you read them?**

**Have you ever read or heard these verses taught? If so, what do you remember?**

Salt in ancient times had multiple uses. Healing, Preservation, Flavor and Currency. Jesus is using an illustration that relates to the listener's everyday life. How do believers symbolize salt on a daily basis?

Healing:

Preservation:

Flavor:

Currency:

Write Mt. 5:18 here:

Another important distinction is that the 'law' is not the cultural law. The law that Jesus references multiple times is that of the religious law that was given to the Israelites. It was meant for God's chosen people yet can still be relevant to Gentiles (Non-Jewish people). The law was given as a tutor until Christ came, but after salvation, this tutor is no longer needed. (Gal. 3:24-25).

The Law will one day be abolished with the second Advent but at that point it will all be fulfilled. Until then the law can lead and guide but cannot save. I hope that's a little clearer than mud. Christ and Christ alone leads us to true life.

Read and write Romans 6:14 here:

***Thank the Lord for grace over the law today!***





NO. 2

# Murder, Adultery, & Divorce

*Matthew 5:21-32*



| MATTHEW 5:21-32 |

These titles are so warm and welcoming they make me want to jump right in! (Insert eye roll emoji here.) There is such a misconception that the Bible is boring. Are there parts that feel a little more like 10th grade history class than ancient religious text? Absolutely. Each portion has its purpose...even the parts that aren't as easy to read. Before reading these verses, remind yourself that Jesus was presenting freedom from law and oppression and a new way of life. He was not condemning and threatening. One topic that is raised several times in this passage is the issue of 'the gates of hell' or 'going into hell'. For the sake of late-night overthinking sessions (just me?) let's clarify that Jesus, at this point, obviously knows that he is the final sacrifice that must be made for the sins of the world.

**Right off the bat, how do your emotions react when you read the subheadings in this section?**

**Have you ever read or heard these verses taught? If so, what do you remember?**

There is a phrase that most translations use at the beginning of each subheading, 'You've heard it said...' and then Jesus gives his response. Write what the culture of that day said about the following topics and then write Jesus' response after. I'll do the first to help...

**Murder:** You have heard it said, 'do not murder and anyone who murders will be subject to judgement'. Jesus: 'But I tell you, if anyone is angry at his brother then he will be subject to judgement'.

\*Here Jesus is comparing anger to murder...the moral bar is set higher than cultural expectations.\*

**Adultery:**

Divorce:

Murder was a punishable act, long before the giving of the law.

What point is Jesus trying to make in verse 22?

What do you think Mt. 5:23-24 means in today's world?

Have you ever had to 'settle with an adversary on the way to court'? (Mt. 5:25) Or maybe the court was simply the boss' office? How did the situation get resolved?

Paraphrase Mt. 5:30 here in language from 2017:

McDonald sums it up perfectly when he says, 'Are we to take Jesus' words literally? Was he advocating for self-mutilation? The words are literal to this extent: if it were necessary to lose a member (of your body) rather than one's soul then we should gladly part with that member. Fortunately it is never necessary, since the Holy Spirit empowers the believer to live a holy life. However, there must be cooperation and rigid discipline on the believer's part.'

Do you agree or disagree? Explain.







NO. 3

Oaths, Love for Enemies,  
& Eye for an Eye  
*Matthew 5:33-48*



| MATTHEW 5:33-48 |

What are our subheadings in this section?

From the start, how do your emotions react when you read them?

There is a phrase that most translations use at the beginning of each subheading, 'You've heard it said...' and then Jesus gives his response. Write what the culture of that day said about the following topics and then write Jesus' response after. (See Day 2 for reference)

Oaths:

Love for Enemies:

Eye for an Eye:

How is an oath different from a promise?

If a Christian should always speak the truth and if their word is dependable, is an oath ever really necessary?

In Mt. 5:37, how can we apply this theological concept in today's social media culture and in our daily language?

Based on Mt. 5:39-42, is there a limit to how many times we turn the other cheek? In what way is this concept applicable to everyday life and in what situations do we stand up for ourselves? Explain.

We would never condone unhealthy relationships however, sometimes we find ourselves in less than ideal situations.

In learning through this passage, how can we navigate intense interactions while still glorifying the Lord?





NO. 4

**Giving to the Needy  
& the Lord's Prayer**

*Matthew 6:1-15*



| MATTHEW 6:1-15 |

This portion of our study is probably the most recognizable. You might have even memorized the Lord's prayer as a child but either way, I feel like the bowed heads chanting '*Our Father...who art in heaven...*' evokes a memory of some sort. At the risk of over familiarity, please give this section fresh eyes. The passage is rich in truth and applicable actions we can take. The Giving portion of today's reading is powerful. Please don't read it like it's a slap on the hand but rather a cautionary tale of a God who loves you so dearly and knows that you want to help others, so he sets guidelines for giving that benefit both the giver and the recipient.

**What are the subheadings for this section?**

**Right off the bat, how do your emotions react when you read them?**

**Have you ever read or heard these verses taught? If so, what do you remember?**

**What are 'acts of righteousness'? (6:1)**

If we are only supposed to do good deeds in secret then how does this translate into a church meeting the needs of their congregation? Discuss. (spoiler alert: Both are right!)

Is Jesus' method applicable today? Why or why not?

In Mt. 6:4, Jesus references a reward from the Father who '*Sees what is done in secret*'. This passage is not to prohibit gift giving that is unavoidably seen but rather to discourage blatant public displays.

How do you feel about Jesus teaching how to pray? Does this mean that this is the only way to pray? Explain.

Paraphrase each line using your own words in the second column.

*Our Father in Heaven,*

*Hallowed be thy name,*

*Your kingdom come,*

*Your will be done,*

*On earth as it is in heaven.*

*Give us today our daily  
bread.*

*Forgive us our debts,*

*As we also have forgiven  
our debtors.*

*And lead us not into temptation,*

*but deliver us from the evil one.*

*For yours is the kingdom and  
the power and the glory forever.*

*Amen.*





NO. 5

**Fasting &  
Treasures in Heaven**

*Matthew 6:16-24*



| MATTHEW 6:16-24 |

If I may, I feel like fasting has popular moments among Christian culture. When I was in high school, the 30-hour famine was super popular. And it was a well intentioned movement to educate people like myself who, honestly, had never gone hungry for financial reasons. It was a powerful thing to take part in and taught me so much about how the physical relates to the spiritual. These days, I hear more about social media fasts or Netflix fasts than anything. While Jesus was teaching on fasting from food, the warnings still apply. Don't do it just so others can see you. Don't be whiny about it. If you do, then you've already gotten your reward. And then to move into treasures....whew. Our eyes do tell a story- even when we think we are doing a really good job of hiding said story. We cannot serve two masters. Simply doesn't work that way. The good news is that Jesus tells us how to live wholly while adhering to disciplines that can help us weed out dependance on material things. Tough to read but good for the soul.

**What are our subheadings in this section?**

**Right off the bat, how do your emotions react when you read them?**

**Have you ever read or heard these verses taught? If so, what do you remember?**

**Have you fasted from food, tv or social media for a specific reason? If so, what was the outcome? Would you do it again?**

How does this concept of fasting in secret relate back to Mt. 6:1-4?

Jesus references 'rewards' again as he did in Mt. 6:4. Are these rewards the same or different?

If giving to the needy is external yet fasting is internal, how do they relate?

How did Jesus' response vary from what was culturally acceptable?

What sort of treasure is Jesus referencing in v. 21?

Give an example of an appropriate way to handle money so that it doesn't own you.

How does the issue of darkness in the eyes relate to serving two masters? (6:23-24)

The issue of money always raises eyebrows among believers, write your viewpoint on treasures on earth vs. treasures in heaven. In other words, how do we work hard, tend to our family and still give freely to others?





NO. 6

**Do Not Worry  
& Judging Others**

*Matthew 6:25-7:6*



| **MATTHEW 6:25-7:6** |

In my personal opinion, this passage can be hard to hear not because it's untrue but rather the world has taken versions of this gospel truth and tweaked and omitted portions. We have this concept coming to us from every angle possible. From animals on *The Lion King* singing Hakuna Matata to statistics showing us exactly how depression is rampant in our world. It's a heartbreakingly real issue. As someone who has struggled through seasons of this very topic, I understand how it can feel like you're drowning. Please know that help is available. I'm happy to talk sometime and I can connect you with people much smarter than me who have helped me personally through tough times.

**Right off the bat, how do your emotions react when you read the headings?**

**Does it irritate you that the issue of worry/anxiety comes across as easily simplified?**

**How would you address a room full of women if you had to teach on this topic?**

**Have you ever read or heard these verses taught? If so, what do you remember?**

**What's the difference between judgment and discernment?**

What was Jesus' answer to the cultural norm?

Based on Mt. 7:3-4, how can we rightly point out dangers we see in our friend's lives?

How did Jesus' response vary from other religious leaders of that day?

Paraphrase Mt. 7:6 in your own words:

Do you agree or disagree?

Is Jesus' method applicable today? Why or why not?







NO.7

**Ask, Seek, Knock &  
The Wide and Narrow Gates**

*Matthew 7:7-14*



| MATTHEW 7:7-14 |

How do your emotions react when you read the subtitles?

Have you ever read or heard these verses taught? If so, what do you remember?

What image do verses 7-12 conjure in your mind?

What things are you asking for? Do they line up with the topics Jesus has mentioned thus far?

What part does prayer play in the fulfillment of the life that God has created for us to live out?

When Jesus relates things to the 'Heavenly Father', is that endearing to you or does that turn you away because of relationship strain between you and your biological father? Explain as much as you feel comfortable.

Have you ever felt like you've done nothing but ask, seek and knock to no avail?

Is there something that you are asking the Lord to answer right now? IF you feel comfortable, please write it here.

What was Jesus' answer to the culturally normative way of talking about a neighbor asking for bread and a narrow gate?

Is Jesus' answer applicable today? Why or why not?





NO.8

**A Tree and Its Fruit &  
the Wise and Foolish Builders**

*Matthew 7:15-29*



| **MATTHEW 7:15-29** |

So let's go ahead and get it out there- sometimes our family trees are not what we would have chosen. Sometimes they are golden, but I'm guessing there are a few 'apples' you'd change if you could. Some of the hardest parts about life can be determining the good fruit from the bad fruit. Matthew 7:15 tells us about the wolves in sheep's clothing. I know I've had my run-ins with a few wolves along the way. Please don't let the wolves ruin friendships with the sheep. This analogy could go a long way, but my point is that real friendships are valuable. That leads us into wise and foolish builders.

**We know to not build a house on sand, yet how does that analogy translate to our current situations? Any sand you need to shovel out from your foundation?**

**How do these subheadings make you feel?**

**Have you heard these verses taught before? If so, what do you remember?**

**Have you ever experienced wolves in sheep's clothing? How did that situation resolve itself?**

Does Mt. 7:20 give you permission to judge others? Discuss.

Overall, what's your reaction to this passage? Encouraged, confused or irritated?

Does it bother you that Jesus called some builders 'foolish'? Explain.

Can you give a current example of this concept? Can be personal or just a news story.

If you were to explain this idea of a firm foundation vs. a foundation built of sand, is there anything else you would add?

# final note

The sermon on the mount is so rich in theology and concept. It's applicable in our political sphere, social circles and in our religious settings. There are hundreds, maybe thousands of books written on Jesus' life and teachings. I cannot wrap my brain about what it must have felt like to be sitting (or standing) while he was teaching from the side of a mountain these enormously complex topics that he gave weight and importance to all the while making them digestible for the everyday person. That is who Jesus was: Divinity in the flesh but always on mission for the people he came to die for.

Matthew 7:28 says, '*When Jesus had finished saying these things, the crowds were amazed at his teaching, because he taught as one who had authority and not as their teachers of the law.*'

I pray that after learning and studying on your own with a few prompts from us, that you feel like you have grasped this enormously important chunk of scripture. Hold that head up sister, you did it! And it was not a waste of time but rather a sowing of knowledge and wisdom to come. I couldn't be more proud of you.

-LB

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