

...AFREESCRIPTURESTUDY...

LIVING THE

Kingdom Lifestyle

*A Comprehensive Scripture Study on
Kingdom Living • Worship • Health • Freedom*

*"Seek the Kingdom of God above all else, and live righteously,
and he will give you everything you need."*

Matthew 6:33 | NLT

Welcome to This Study

The Kingdom of Heaven is not a distant place reserved for the afterlife — it is a living reality available to you today. Jesus declared that the Kingdom had arrived in his very person, and through him, every believer is invited into a way of life that transforms everything it touches: how we worship, how we care for our bodies, how we walk in freedom, and how we relate to God and one another.

This study guide draws on the comprehensive teaching of Jesus across all four Gospels, the letters of Paul, and the wider New Testament to paint a complete picture of Kingdom living. Arranged in a logical progression — from understanding what the Kingdom is, to how we enter it, to how we live it daily through worship, physical wholeness, and the freedom Christ provides — this guide is designed to be studied personally or in community.

Scripture quotations are primarily from the New Living Translation (NLT). Take your time with each section, sit with the verses, and allow the Holy Spirit to make this teaching personal to your life.

What You Will Study

Part 1 — Understanding the Kingdom	<i>What is the Kingdom? The Already/Not Yet framework. How the Kingdom grows.</i>
Part 2 — Entering the Kingdom	<i>New birth, childlike humility, and the radical cost and value of the Kingdom.</i>
Part 3 — Kingdom Values & Ethics	<i>The Beatitudes, the upside-down Kingdom, and righteousness by the Spirit.</i>
Part 4 — Worship as Kingdom Living	<i>True worship, the whole life as worship, song, prayer, and community.</i>
Part 5 — Health & Wholeness	<i>The healing Kingdom, your body as God's temple, rest, peace of mind.</i>
Part 6 — Freedom in the Kingdom	<i>Freedom from sin, through truth, from fear, and freedom to serve.</i>
Part 7 — Community & Eternal Hope	<i>Kingdom community, suffering, and the certain hope of the Kingdom's completion.</i>
Practical Applications	<i>12 simple, daily practices for living the Kingdom lifestyle starting today.</i>

PART ONE

Understanding the Kingdom

What is the Kingdom of God?

The most central theme of all of Jesus' teaching is the Kingdom of God. He preached it, illustrated it with parables, demonstrated it through miracles, and commissioned his disciples to proclaim it. But what exactly is it?

The Kingdom is fundamentally God's sovereign reign and rule — not primarily a geographical location. The Hebrew and Aramaic concept behind the word emphasizes dynamic action: the act of reigning. When we pray 'Your Kingdom come,' we are asking for God's will to be done, for his authority to be acknowledged, and for his purposes to advance on earth.

Matthew 6:10

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Luke 17:20–21

The Kingdom of God can't be detected by visible signs. You won't be able to say, 'Here it is!' or 'It's over there!' For the Kingdom of God is already among you.

John 18:36

Jesus answered, 'My Kingdom is not an earthly kingdom... But my Kingdom is not of this world.'

Notice Jesus' astonishing declaration: the Kingdom is 'already among you.' Wherever Jesus is present and his lordship is acknowledged, the Kingdom is active. This is not merely future theology — it is present reality.

The Already / Not Yet Kingdom

Jesus proclaimed that the Kingdom had arrived in his ministry, yet he also taught his disciples to pray for it to come. Theologians describe this as the 'already/not yet' tension — one of the most important frameworks for understanding the Christian life:

- **Already:** The Kingdom broke into history through Jesus' incarnation, ministry, death, and resurrection. Wherever Jesus is Lord, the Kingdom is present and active today.

- Not Yet: The Kingdom awaits its full consummation at Christ's return. The complete elimination of sin, death, suffering, and evil remains future.

This means Christians live between two ages — the present age passing away and the age to come already breaking in. We live in the tension of a Kingdom that is real and present but not yet complete. This gives us both urgency and hope.

The Kingdom Grows from Small Beginnings

Matthew 13:31–33

The Kingdom of Heaven is like a mustard seed planted in a field... It is like the yeast a woman used in making bread. Even though she put only a little yeast in three measures of flour, it permeated every part of the dough.

The Kingdom does not arrive with overwhelming political force. It starts small, grows organically, and permeates everything it touches — like yeast through dough. God's rule advances through surrender, service, and Spirit-led transformation, not through power and prestige.

PART TWO

Entering the Kingdom

Born Into the Kingdom

Jesus was unambiguous about the entry requirement for the Kingdom. It is not earned through religious performance, ethnic privilege, or moral achievement. It requires a supernatural new birth.

John 3:3, 5

Jesus replied, 'I tell you the truth, unless you are born again, you cannot see the Kingdom of God... no one can enter the Kingdom of God without being born of water and the Spirit.'

Colossians 1:13

For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son.

The Posture of Entry: Childlike Humility

Matthew 18:1–4

'Who is greatest in the Kingdom of Heaven?' Jesus called a little child to him... 'Unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven. So anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven.'

The Kingdom belongs to those who recognize they cannot earn it. The 'poor in spirit' of Matthew 5:3 — those who acknowledge their spiritual bankruptcy before God — are promised the Kingdom as a gift. Entry begins with open hands, not clenched fists.

The Radical Cost and Value

Matthew 13:44–46

The Kingdom of Heaven is like a treasure that a man discovered hidden in a field. He sold everything he owned and bought that field. Again, the Kingdom of Heaven is like a merchant on the lookout for choice pearls. When he discovered a pearl of great value, he sold everything he owned and bought it!

The Kingdom is simultaneously a free gift and worth everything you have. Grace makes it free, but recognizing its incomparable worth means no sacrifice is too great. Once you truly see the treasure, giving up lesser things becomes not a burden but a joy.

PART THREE

Kingdom Values & Ethics

An Upside-Down Kingdom

One of the most striking features of Jesus' Kingdom teaching is how systematically it inverts the values of the world. The Beatitudes announce a complete reversal of the world's assumptions about who is blessed:

Matthew 5:3, 10

*God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs...
God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs.*

- The poor in spirit, not the proud, are blessed.
- The persecuted, not the powerful, inherit the Kingdom.
- The childlike, not the sophisticated, are greatest.
- The last shall be first.
- Those who lose their life will find it.

Righteousness, Justice, and the Kingdom

Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Romans 14:17

For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

1 Corinthians 4:20

For the Kingdom of God is not just a lot of talk; it is living by God's power.

Kingdom ethics are not primarily a list of rules. They flow from a transformed heart, empowered by the Holy Spirit, characterized by goodness, peace, and joy. The call is not to religious performance but to authentic,

Spirit-filled living that reflects the reign of a good King.

PART FOUR

Worship as Kingdom Living

Worship is Acknowledging the King

If the Kingdom is God's reign, then worship is the natural response of those who live under that reign. Worship is not merely a Sunday activity — it is a lifestyle of orienting every aspect of life toward God as King. To confess 'Jesus is Lord' was simultaneously a declaration of faith and an act of worship.

John 4:23–24

But the time is coming — indeed it's here now — when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. For God is Spirit, so those who worship him must worship in spirit and in truth.

True Kingdom worship is not about location, outward form, or religious performance. It is worship that flows from the innermost being — spirit-led, truth-grounded, and genuine.

The Whole Life as Worship

Romans 12:1–2

Give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice — the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

Paul's radical claim is that offering your body — your everyday, physical, embodied life — to God is 'truly the way to worship him.' Kingdom worship is not separated from daily life; it encompasses it. The way you work, rest, eat, speak, spend, and relate are all acts of worship when offered to God.

Worship in Community, Song, and Prayer

Hebrews 12:28

Since we are receiving a Kingdom that is unshakeable, let us be thankful and please God by worshiping him with holy fear and awe.

Colossians 3:16–17

Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. And whatever you do or say, do it as a representative of the Lord Jesus.

Philippians 4:6–7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand.

Prayer itself is an act of Kingdom worship — the acknowledgment that God is King, that his resources are infinite, and that we are dependent children. When we pray the Lord's Prayer, we are not reciting a formula; we are placing ourselves under the rule of a good and sovereign Father.

PART FIVE

Health & Wholeness in the Kingdom

A Kingdom That Heals

One of the most striking features of Jesus' ministry was its inseparability of proclamation and healing. He did not just preach about the Kingdom — he demonstrated it by restoring broken bodies, troubled minds, and wounded spirits.

Luke 9:2, 11

Then he sent them out to tell everyone about the Kingdom of God and to heal the sick... He welcomed the crowds and taught them about the Kingdom of God, and he healed those who were sick.

Matthew 4:23

Jesus traveled throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness.

Healing and Kingdom proclamation go together. God's desire is for wholeness — shalom — for his people in body, soul, and spirit.

Your Body Belongs to the King

1 Corinthians 6:19–20

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.

The body is not an obstacle to spiritual life — it is the temple of the Holy Spirit. Physical health, rest, nutrition, and care are therefore spiritual matters. Caring for your body well is an act of stewardship and worship, honoring the King who made and redeemed you.

The Kingdom Brings Wholeness of Soul

3 John 1:2

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

Isaiah 53:4–5

Yet it was our weaknesses he carried; it was our sorrows that weighed him down... He was beaten so we could be whole. He was whipped so we could be healed.

Biblical health is holistic. The Hebrew concept of shalom — often translated 'peace' — encompasses completeness, wholeness, welfare, and flourishing in every dimension of life. The Kingdom brings shalom to the whole person.

Rest as Kingdom Practice

Matthew 11:28–30

Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

Psalm 23:2–3

He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength.

Rest is not laziness — it is trust. When we rest, we declare that God is in control and our frantic striving is unnecessary. Jesus himself withdrew regularly to pray and rest (Luke 5:16), modeling that even the Son of God honored the need for renewal.

Peace of Mind in the Kingdom

John 14:27

I am leaving you with a gift — peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

Isaiah 26:3

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Kingdom peace is not the absence of difficulty — it is a settled confidence in the sovereignty of the King even in the midst of storms. Paul wrote from prison, yet described a peace that 'guards your hearts and minds.' This is not forced positivity but deep, Spirit-given shalom.

PART SIX

Freedom in the Kingdom

The Kingdom Announces Freedom

Jesus opened his public ministry by reading from Isaiah 61 in the Nazareth synagogue and declaring that this prophecy was fulfilled in him. His Kingdom announcement was simultaneously a freedom announcement.

Luke 4:18–19

The Spirit of the Lord is upon me, for he has anointed me to bring Good News to the poor. He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free, and that the time of the Lord's favor has come.

Freedom from Sin and Death

Romans 8:1–2

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

Kingdom people are no longer slaves to sin's compulsions — they have been transferred to a new King whose law is written on the heart rather than etched on stone.

Freedom through the Truth

John 8:31–32, 36

Jesus said, 'You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free... So if the Son sets you free, you are truly free.'

Many people live in bondage not to dramatic sins but to lies — lies about their worth, their identity, God's character, and the nature of reality. The Kingdom announces truth about all of these things, and these truths, internalized and walked in, dismantle strongholds that captivity and deception have built.

Freedom from Fear

2 Timothy 1:7

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Luke 12:31–32

Seek the Kingdom of God above all else, and he will give you everything you need. So don't be afraid, little flock. For it gives your Father great happiness to give you the Kingdom.

1 John 4:18

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

Freedom to Serve

Galatians 5:1, 13

So Christ has truly set us free. Now make sure that you stay free... For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love.

True freedom does not say 'I can do anything'; it says 'I am free enough to love without condition, serve without resentment, and give without needing anything back.' This is the freedom that flows from knowing who you are and whose you are.

Walking in the Spirit: The Source of Freedom

Galatians 5:22–25

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

2 Corinthians 3:17

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.

PART SEVEN

Kingdom Community & Eternal Hope

The Kingdom Creates a New Community

The Kingdom is never merely an individual experience. It creates a new people — the church — who together embody Kingdom values, demonstrate God's reign visibly, and carry the Kingdom mission forward. The church is not identical to the Kingdom, but it is the primary community through which the Kingdom becomes visible on earth.

Matthew 8:11

Many Gentiles will come from all over the world — from east and west — and sit down with Abraham, Isaac, and Jacob at the feast in the Kingdom of Heaven.

1 Thessalonians 2:12

We pleaded with you, encouraged you, and urged you to live your lives in a way that God would consider worthy. For he called you to share in his Kingdom and glory.

Suffering and the Kingdom

Acts 14:22

They strengthened the believers. They encouraged them to continue in the faith, reminding them that we must suffer many hardships to enter the Kingdom of God.

The Kingdom life is not a guarantee of ease. But suffering is not meaningless: it forms character, deepens dependence on God, and positions us to demonstrate Kingdom courage and hope to a watching world.

The Certain Hope of the Kingdom's Completion

Revelation 11:15

The world has now become the Kingdom of our Lord and of his Christ, and he will reign forever and ever.

Revelation 12:10

It has come at last — salvation and power and the Kingdom of our God, and the authority of his Christ.

2 Timothy 4:18

Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom. All glory to God forever and ever! Amen.

The Kingdom's consummation is certain. Jesus will return as conquering King. Every knee will bow. All that was broken will be made new. And this hope transforms today — motivating faithful endurance, bold witness, and generous living, because the outcome is not in doubt.

PRACTICAL APPLICATIONS

Living It Daily

Understanding the Kingdom is not an end in itself — it is a King to be served. Here are twelve simple, practical ways to begin living the Kingdom lifestyle today:

1

Pray the Kingdom Prayer Daily

Begin each morning by praying the Lord's Prayer (Matthew 6:9–13) slowly and intentionally. As you pray 'Your Kingdom come,' name one specific area of your life — a relationship, a habit, a worry — and surrender it to God's rule.

2

Worship Beyond Sundays

Practice Romans 12:1 by offering ordinary moments to God as worship. Before work, say: 'I offer this day to you as an act of worship.' Bring the awareness of God's presence into the mundane.

3

Steward Your Body as the King's Temple

Choose one practical step this week to honor God with your body (1 Corinthians 6:19–20): sleep an extra hour, reduce processed food, take a walk, or carve out quiet Sabbath rest. Small, consistent choices honor the King.

4

Identify and Replace a Lie with Kingdom Truth

Write down one lie you have believed about yourself, God, or your circumstances. Find a Scripture that declares Kingdom truth over that lie. Memorize it and speak it aloud daily for one week. (John 8:32: 'The truth will set you free.')

5

Practice Childlike Dependence

Each morning, pray a simple prayer of surrender: 'God, I cannot manage today on my own. I come to you like a child. Lead me.' This posture of dependence is the entry point into Kingdom living (Matthew 18:3).

6

Look for Kingdom Reversals

This week, notice where the world's values clash with Kingdom values in your context. Choose one Kingdom response: serve instead of compete, forgive instead of retaliate, give instead of hoard.

7**Build a Sabbath Rhythm**

Set aside one day (or a half-day to start) each week for genuine rest, worship, and delight. No agenda, no hustle. This is an act of trust and one of the most countercultural things a Kingdom person can do.

8**Practice Gratitude as Worship**

Keep a simple gratitude journal. Each evening, write three specific things you're thankful for. Gratitude redirects your heart from anxiety to trust and is itself an act of acknowledging God's goodness and reign (Philippians 4:6–7).

9**Proclaim the Kingdom in Your Circle**

You don't need a platform. This week, share one Kingdom truth with someone — a word of encouragement, a testimony of God's faithfulness, or an invitation to explore faith (Matthew 10:7).

10**Walk in Forgiveness**

Unforgiveness is a prison; the Kingdom brings freedom. Identify one person you need to forgive. Pray for them. Choosing forgiveness opens the door to Kingdom freedom in your own heart.

11**Invest in Kingdom Community**

Don't try to live the Kingdom life alone. Commit to a community of faith where you can be known, encouraged, and challenged. If you are not in a group, pray about joining or starting one this month.

12**Live with Eternal Perspective**

Once a week, read Revelation 11:15 as a reminder: the King wins; the Kingdom comes. Let this certainty anchor you when circumstances feel overwhelming.

A Final Word

The Kingdom of Heaven is ultimately the good news that God has not abandoned his creation but has entered it personally in Jesus to reclaim, restore, and reign. It is the story of a King who came in humility but will return in glory, who invites rebels to become citizens through grace, and who promises to make all things new.

To understand the Kingdom is to understand the heartbeat of Jesus' entire ministry and mission. It is both a present reality to be lived and a future hope to be anticipated — the already-but-not-yet reign of God that transforms everything it touches: your worship, your body, your freedom, your relationships, and your eternal destiny.

*"The world has now become the Kingdom of our Lord and of his Christ,
and he will reign forever and ever."*

Revelation 11:15 | NLT

This study guide is offered as a free resource for personal and group use. Please share it freely to advance the Kingdom.