

The **SERMON**
on the **MOUNT** :

Matthew
Chapters
5-7

Parent Teaching: The Sermon on the Mount (Matthew 5–7)

The Sermon on the Mount is one of Jesus' most important and practical teachings, found in Gospel of Matthew chapters 5–7. In it, Jesus invites us to see that following God is not just about rules or outward behavior—it's about a transformed heart.

At the beginning, Jesus shares the Beatitudes (Matthew 5:3–12), describing the kind of people who are blessed in God's Kingdom: the humble, the merciful, the peacemakers, and those who hunger for righteousness. These qualities may not always be celebrated by the world, but Jesus shows that they reflect God's heart. For parents, this gently shifts our focus from raising "successful" children to raising children who are deeply formed in character and compassion.

Throughout the sermon, Jesus revisits familiar laws and teachings but brings them deeper. He explains that anger is connected to the heart of murder, and lust to the heart of adultery (Matthew 5:21–30). In doing this, He helps us see that sin—and goodness—both begin internally. This can feel overwhelming at first, but it's actually an invitation: God is not just interested in behavior management; He desires heart transformation.

In Matthew 6, Jesus teaches about everyday spiritual practices—giving, praying, and fasting—not as performances, but as quiet, sincere acts done for God rather than for recognition. He gives us the Lord's Prayer (Matthew 6:9–13), a simple and beautiful model that parents can use to guide their children in talking with God. He also reminds us not to worry, encouraging us to trust in God's care (Matthew 6:25–34). For families, this is a powerful reminder that peace is found not in control, but in trust.

In Matthew 7, Jesus emphasizes discernment, humility, and obedience. He encourages us to examine our own hearts before judging others (Matthew 7:1–5), to ask, seek, and knock in faith (Matthew 7:7–11), and to live out the Golden Rule: "Do to others what you would have them do to you" (Matthew 7:12). He concludes with the image of building a house on a rock—reminding us that hearing His words and putting them into practice creates a strong, lasting foundation (Matthew 7:24–27).

What This Means for Parents

The Sermon on the Mount is not meant to feel like a checklist we must perfectly complete. Instead, it's an invitation into a new way of living—one shaped by love, humility, and trust in God. As parents, we don't have to model perfection; we model pursuit. When our children see us praying, extending grace, admitting mistakes, and choosing kindness, they begin to understand what it looks like to follow Jesus.

Just as importantly, this teaching reminds us that Scripture was originally shared in community—spoken aloud, heard together, and lived out side by side. Reading these words with your children, discussing them, and returning to them over time helps them take root in both your hearts.

Encouragement

If you're new to the Bible, start small. Read a few verses at a time from the Sermon on the Mount. Talk about what stands out. Ask simple questions like, "What does this show us about God?" or "How could we live this out today?" You don't need to have all the answers—just a willingness to listen, learn, and grow together.

Over time, these teachings won't just be something your family reads—they will become part of the way you live, shaping a legacy of faith, love, and wholehearted devotion to God.

*This teaching was generated in part using AI.

While AI is an incredible resource that is capable of many wonderful things, it is imperative to test everything you read or hear about God, Jesus, and the Holy Spirit against the Bible.

If you're not familiar with reading the Bible, a children's version is a great place to start!

These are a few our family has enjoyed reading together over the years:

- [The Beginners Bible: Timeless Children's Stories](#) (ages 2-6)
- [The Jesus Storybook Bible: Every Story Whispers His Name](#) (ages 4-8)
- [Brave Girls Bible Stories](#) (ages 5-9)
- [The Adventure Bible: God's Redemptive Story](#) (ages 8+)

The Bible I read (and highly recommend!) is the [NLT Life Application Study Bible](#), which provides contextual information on things like customs and culture, as well as biographies, maps and summaries. It also connects prophecies made in the Old Testament to the fulfillment of them in the New Testament through the life, death and resurrection of Jesus Christ.

To receive a free Bible, visit your local church, library, or thrift store, or [order one online here](#).

If you prefer to read online, there are countless Bible apps to choose from.

I often use Biblehub.com when looking to compare different translations of the same verse and, when looking to dive deeper into a particular topic (or verse), I visit GotQuestions.org.

The ULTIMATE source of knowledge and wisdom is - without a doubt! - the Holy Spirit, which we receive by the grace of God when we claim Jesus as our Lord and Savior.

If you have not yet done that, rest assured for Romans 10:9 explains:

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

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