

HE TAUGHT
THEM AS ONE
HAVING
AUTHORITY

MATTHEW 6 - 7

PUT GOD FIRST,

regardless of the trials you face.

Love God. Have faith in
Christ, and entrust yourself
to Him in all things.

—
KOICHI AOYAGI

**I S H O U L D S E T M Y H E A R T
U P O N H E A V E N L Y T H I N G S**

It's not always easy to prioritize the things of God over the things of the world. Which of the Savior's teachings in Matthew 6-7 help you focus on heavenly things? What thoughts or impressions do you have as you study His words? What are you inspired to do?

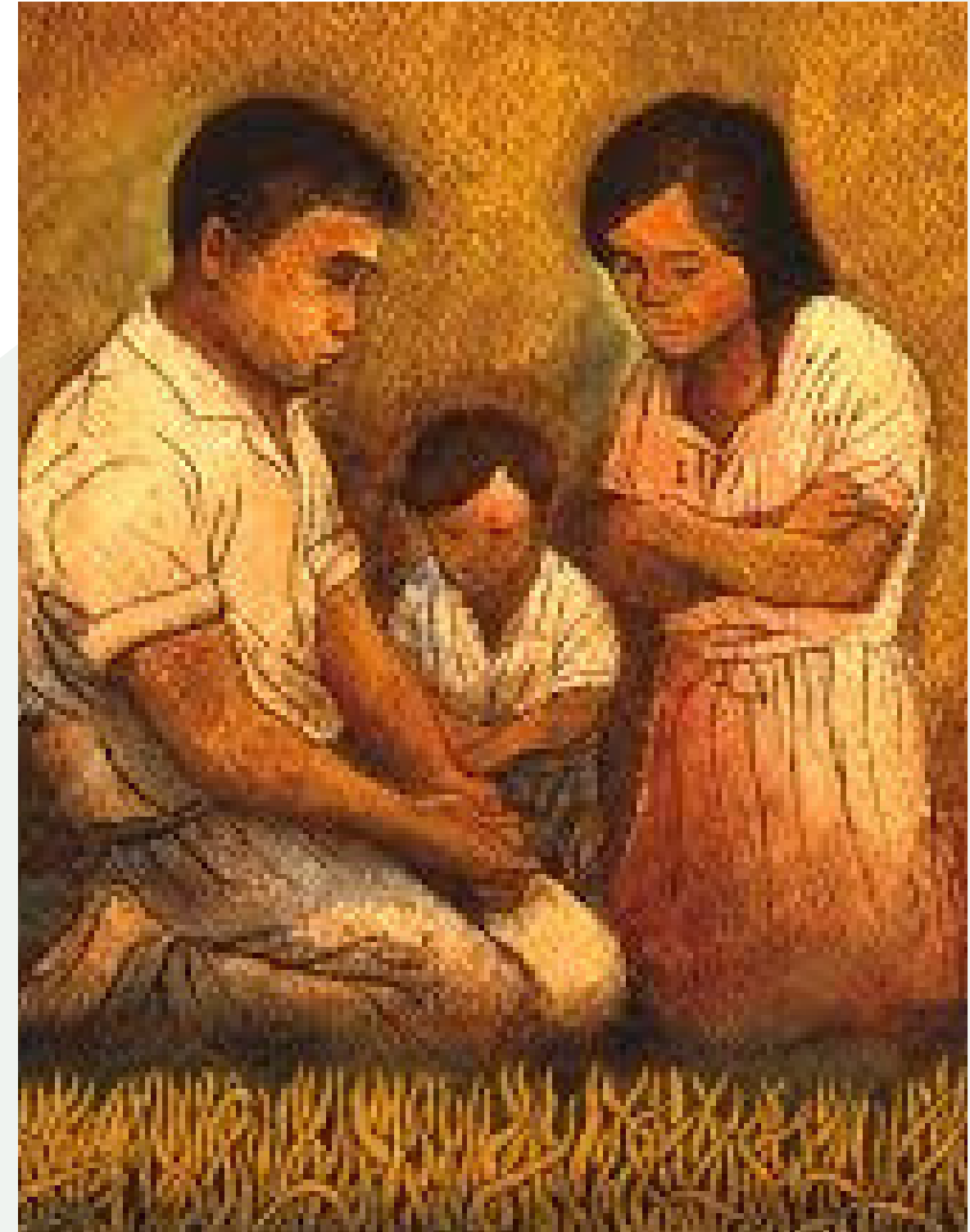
The Extra Mile: Read [Elder Aoyagi's full talk](#). Try to feel God's love as you listen and remember what gifts he has already given you.

I CAN DRAW CLOSER TO GOD THROUGH HUMBLE SINCERE PRAYER

The Sermon on the Mount contains many themes, and the themes you notice will depend, to a degree, on the current circumstances of your life and what the Lord wants to communicate to you. One theme of Matthew 6–7 is prayer. Take a moment to evaluate your prayers. How do you feel you are doing in your efforts to draw closer to God through prayer?

The Extra Mile: consider reading the Sermon on the Mount once more, this time looking for another recurring theme or message that is especially applicable to you. Record what you find in a study journal, along with your thoughts and impressions.

READ
MATT
6 & 7

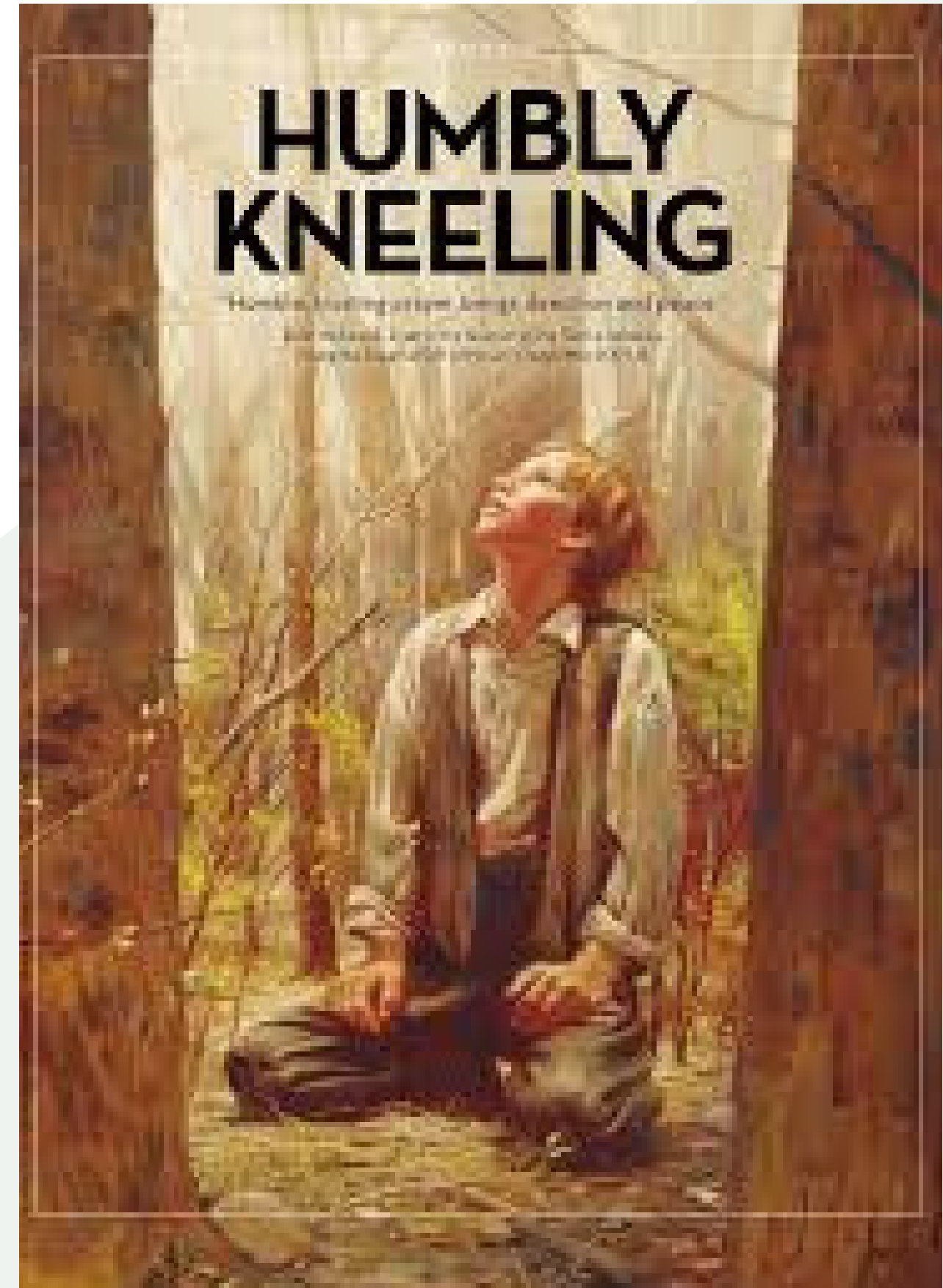


WHAT ARE VAIN REPETITIONS IN PRAYER?

People often understand “vain repetitions” to mean repeating the same words over and over again. However, the word vain can describe something that has no value. Using “vain repetitions” in prayer can mean praying without sincere, heartfelt feeling.

The Extra Mile: Read [Alma 31:12-23](#). Pick one thing to focus on to improve your prayers.

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THE WISE MAN AND THE FOOLISH MAN

Read [Matthew 7:24-27](#). The wise man and the foolish man is a favorite Primary song but how well do we understand it? Try acting it out or pouring water on some sand and some rocks. What do you notice? How do you think that would effect the foundation of a house? How can you build on a rock?

The Extra Mile: Try writing your own parable about helping people build upon Christ's teachings. What would you use as a metaphor for?



WHY DON'T WE RECITE THE LORD'S PRAYER

Read [Matthew 6:9-13](#). President Russell M. Nelson taught: “The Lord prefaced His prayer by first asking His followers to avoid ‘vain repetitions’ [Matthew 6:7] and to pray ‘after this manner’ [Matthew 6:9]. Thus, the Lord’s Prayer serves as a pattern to follow and not as a piece to memorize and recite repetitively. The Master simply wants us to pray for God’s help while we strive constantly to resist evil and live righteously” (“Lessons from the Lord’s Prayers,” *Ensign or Liahona*, May 2009, 46–47).

The Extra Mile: Read [President Nelson's full talk](#).
What other insights can you gain from his talk?



A life lesson to be learned, it seems, is that **motes** are much easier to see than **beams**.
(Matt 7:2)



THE PARABLE OF THE MOTE AND BEAM

Read [Matthew 7:1-5](#). The Savior may seem to be saying we should not judge, but in other scriptures (including other verses in this chapter), He gives us instructions about how to judge. If that seems puzzling, the Joseph Smith Translation of this verse might help: “Judge not unrighteously, that ye be not judged; but judge righteous judgment” (in Matthew 7:1, footnote a). What do you find in Matthew 7:1-5, along with the rest of the chapter, that helps you know how to “judge righteous judgment”?

The Extra Mile: Read [this talk](#) from Elder Lynn G. Robbins. How can you become more Christlike and change the way you judge people?

I COME TO KNOW JESUS CHRIST BY DOING HIS WILL

The phrase “I never knew you” in Matthew 7:23 was changed in the Joseph Smith Translation to “Ye never knew me” (Matthew 7:23, footnote a). How does this change help you better understand what the Lord taught in verses 21–22 about doing His will? How well do you feel you know the Lord? What can you do to know Him better?

The Extra Mile: Read or listen to [Elder Bednar's talk](#), “If Ye Had Known Me.”

**READ
MATT
7:21 - 23**

