



Come Follow Me



The Sermon on the Mount: “A More Excellent Way”

Jesus teaches the Beatitudes to his disciples.

- Matthew 5:3. What does it mean to be “**poor in spirit**”? (see footnote 3b. See also 3 Nephi 12:3.)
- Why is it important that we be humble?*
- How can we become more humble?
- Matthew 5:4. What are some ways the Lord provides for us to be comforted? (See John 14:26–27 and Mosiah 18:8–9.)
- How have you been comforted in times of mourning?
- Matthew 5:5. What does it mean to be **meek**? (see footnote 5a.)
- How can we develop meekness? (See Mosiah 3:19; Alma 7:23; 13:28.)
- Matthew 5:6. What did Jesus **promise** those who “hunger and thirst after righteousness”? (See Matthew 5:6; 3 Nephi 12:6.)
- What can we do to **lift our appetites** from the things of the world to **things of righteousness**?
- Matthew 5:7. How can we **show mercy** to others?
- Why do we need mercy from the Lord? (See Alma 42:13–15.)
- Matthew 5:8. What do you think it means to have a pure heart?
- How can we purify our hearts?** (See Helaman 3:35.)
- Why must we have pure hearts if we are to see God and dwell with him? (See Moses 6:57.)
- Matthew 5:9. How can we be **peacemakers** in our homes and communities?
- Matthew 5:10–12. **Why are righteous people sometimes persecuted?**
- How should we respond to persecution? (See Matthew 5:44; Luke 6:35.)

Jesus declares that his disciples are “the salt of the earth” and “the light of the world.”

- Jesus said that his disciples are “**the salt of the earth**” (Matthew 5:13; D&C 101:39). What are some uses for salt?
- How can Latter-day Saints be “the salt of the earth”?
- Invite a class member to read **Doctrine and Covenants 103:9–10**. What insights do these verses add about what it means to be “the salt of the earth”?
- How can we be “**the saviors of men**”?
- How can Latter-day Saints be “the light of the world”? (Matthew 5:14; see also verse Matthew 5:16).
- What happens when a candle is placed “under a bushel”? (Matthew 5:15;).

- How do we as **Church members sometimes put our light under a bushel**?

How can we let our light **shine in a way that will lead others to “glorify [our] Father ... in heaven”**? (See Matthew 5:16; 3 Nephi 18:24.)

Jesus teaches a higher law than the law of Moses.

- Jesus said that he came to fulfill the law of Moses, not to destroy it (Matthew 5:17–18).
- How did he fulfill the law of Moses?
- Jesus said that his disciples’ righteousness should “exceed the righteousness of the scribes and Pharisees” (Matthew 5:20). What was lacking from the “righteousness” of the scribes and Pharisees?
- In Matthew 5:21, what ancient law did Jesus refer to?
- What higher law did Jesus give concerning this commandment? (See **Matthew 5:22**.)
- How is the commandment to avoid anger a higher law than the commandment against murder?
- How do feelings of anger affect our relationship with God?
- What can we do to **control feelings of anger** and seek to eliminate them from our lives?
- The Savior spoke of bringing a “gift to the altar,” (Matthew 5:23). What did Jesus say his disciples should do if they had angry feelings as they prepared to bring a gift to the altar? (See Matthew 5:23–24.)
- How might this apply to us?
- What should we do **when someone has offended us**? (See Matthew 5:24; 18:15; D&C 64:8–11.)
- What are the dangers of waiting for a person who has offended us to ask for our forgiveness?
- In **Matthew 5:27**, what ancient law did Jesus refer to?
- What law did Jesus give to supersede this commandment? (See Matthew 5:28.)
- What are some **results of unclean thoughts**? (See Mosiah 4:30; Alma 12:14; D&C 63:16.)
- What can we do to **keep our thoughts pure**?
- The Joseph Smith Translation says that the eye and hand mentioned in Matthew 5:29–30 represent sins (Matthew 5:30, footnote 30a). What do these verses teach us about **how we should deal with our sins**?
- As recorded in Matthew 5:33, how did people in Old Testament times **signify that they were telling the truth**?
- What law did Jesus give to supersede this practice? (See

Matthew 5:34–37)

- In Matthew 5:38, what ancient law did Jesus refer to? (see **Leviticus 24:17–21**.)
- What commandment superseded this law? (See **Matthew 5:39–40**.)
- What principles did Jesus teach when he spoke of turning the **other cheek** to someone who hits us and **giving our cloak** to someone who takes our coat?
- In **Matthew 5:43**, what ancient practice did Jesus refer to?
- What commandment superseded this practice? (See Matthew 5:44–47.)
- How can we **develop love for our enemies**? (See Moroni 7:47–48.)
- How will our lives change when we love our enemies? How might their lives change?
- How are we to understand the Savior’s command that we become perfect? (See Matthew 5:48, footnote 48b.)
- How can the command to be perfect motivate us rather than frustrate us?
- How does the Savior’s Atonement help us reach perfection? (See Moroni 10:32–33; D&C 76:68–70.)
- How do the teachings in the Sermon on the Mount help us “**come unto Christ, and be perfected in him**”?
- How does the Savior’s Atonement help us reach perfection? (See Moroni 10:32–33; D&C 76:68–70.)
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NEXT WEEK

Lesson 9: “Seek Ye First the Kingdom of God”

Matthew 6–7

- What will be the reward for people who do good things to be seen by others? (See Matthew 6:2, 5, 16.) What things might we do to be seen by others instead of to please God? How can we purify our motives for serving and performing other good works?
- The teaching in Matthew 7:12 is often called the Golden Rule. What experiences have shown you the value of this principle? How does following the Golden Rule make us better disciples of Jesus Christ?
- Jesus promised that if we “seek ... first the kingdom of God,” we will be given all other things that we need (Matthew 6:33). What experiences have helped you gain a testimony of this promise?

Suggestions for Family Discussion

- Display a stone and a pile of sand. Ask family members which material they would use as a foundation for a house. Read Matthew 7:24–27, and discuss how building our lives on the Savior’s teachings is like building a house on a firm foundation of rock.
- Display a map. Ask family members how a map could help them plan a trip. If your family has recently taken a trip or will take one soon, discuss how a map was used or will be used on the trip. Explain that in our journey toward eternal life, the scriptures and the teachings of the living prophets are like a map, helping us know how to return to our Heavenly Father.

Scripture Chain: Living as Disciples of Christ

Matthew 16:24–25	John 13:35
Matthew 7:21	2 Nephi 31:10–13
John 8:31	Moroni 7:48