

- 1) Sermon on the Mount Challenge: read the Sermon on the Mount (Matthew, chapters 5-7) each day for the next six weeks. Be open to how the Spirit will speak to you.
- 2) How would you describe having the "presence of Christ" in you? What does that look like? Feel like?
- 3) If you were to "practice the presence of Christ in you", how would that influence your thoughts, your words, your actions?
- 4) For this next week, start each day with the mindful intention of "practicing the presence of Christ in you". End each day by asking--
How did I "practice the presence of Christ in me" today?
Where did I struggle to do so?
Where did I find it easier to do so?

There isn't any judgment here or shame. This is an invitation to be mindful of how you live in the world---your home, your place of work, your hobbies, on social media---in your relationships with others. It is an opportunity to observe your choices and allow the Holy Spirit to guide you, teach you, and encourage you on this journey of following Christ.



**Practice Makes Perfect:
Practicing the Presence
Of Christ in You**
Sheri Clifton

Blessed are we who
can laugh at ourselves
for we shall never
cease to be amused.





Matthew 5:48 *New Revised Standard Version*
“Be perfect, therefore, as your heavenly Father is perfect.”



Practice:

Noun – the actual application or use of an idea, belief, or method as opposed to theories about such application or use

Verb – perform (an activity) or exercise (a skill) repeatedly or regularly in order to improve or maintain one's proficiency



To be perfect as our heavenly Father is perfect means to be a person filled with Holy Love. The perfection Jesus looks for and crafts in a person is not flawlessness but fullness; not blemish free but beauty-full. This kind of perfect is characterized by a fullness with room for more. This kind of perfect cannot be achieved by effort; only received by grace.”

***J.D. Walt
Seedbed Daily Text***



Matthew 5:48 *The Message Bible*

“In a word, what I’m saying is, Grow up. You’re kingdom subjects. Now live like it. Live out your God-created identity. Live generously and graciously toward others, the way God lives toward you.”



Matthew 5:13–16

“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”



Matthew 5:17–20

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”



John 8:12 *New Revised Standard Version*
**Again Jesus spoke to them, saying, "I am the light
of the world. Whoever follows me will never walk
in darkness but will have the light of life."**



The command, "Let your light shine," refers to your humility, gentleness, and modesty concerning your knowledge. Letting your light shine pertains to your serious and significant concern for the things of eternity, your sorrow for the sins and miseries of people, your earnest desire for universal holiness, and your complete happiness in God. It includes your compassionate goodwill toward all mankind and your ardent love for your supreme benefactor – God himself. Do not try to conceal the light with which God has enlightened your soul. In the entire scope of your conduct, let your light shine in the world before all people that you encounter. Let it shine still more abundantly in your actions by "working for the good of all."

John Wesley



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