

Release Receive & Rest

*Leadership Lessons from
the Sermon on the Mount*

Ted Wueste | Director, Spiritual Formation Society of Arizona



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— What comes to your mind and heart when you hear those three words: release, receive, and rest?



3

— What comes to your mind and heart when you hear those three words: release, receive, and rest?

Listening to Scripture ...

Praying Scripture ...



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— Before the Sermon on the Mount in Matthew 5-7, Jesus walked through 40 days of temptation ...



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- The temptation to feel secure through turning rocks to bread.
 - The temptation to feel important by jumping off the pinnacle of the temple.
 - The temptation to have control through being over all the kingdoms of the world.



6

- The temptation to feel secure through turning rocks to bread.
- The temptation to feel important by jumping off the pinnacle of the temple.
- The temptation to have control through being over all the kingdoms of the world.



7

How do I know if these temptations are present?

- Fear ... response to insecurity
- Shame ... response to not feeling seen or important
- Anger ... response to feeling out of control



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Fear, shame, and anger are what are addressed in the Sermon on the Mount ...

- Anger ... Matthew 5:21-48
- Shame ... Matthew 6:1-18
- Fear ... Matthew 6:19-34



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- Anger ... Matthew 5:21-48
- Shame ... Matthew 6:1-18
- Fear ... Matthew 6:19-34

Beatitudes, Matthew 5:1-20
 Evaluate Yourself, Matthew 7:1-7
 Reach Out to God, Matthew 7:8-11




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— What do we do with this?

How do we process these things?


How do we experience the shaping of the Spirit in the image of Christ?



11

—

1. Cultivate a vision of God which paints Him as present ... seeing you, providing for you, and delighting in you.
2. Notice the places where your attention is drawn away.
3. Reach out to God and connect with Him when you are experiencing anger, shame, and/or fear.



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PERSONAL REFLECTION

1. Where are the places and times when you feel anger?
2. Are there times you feel you don't measure up?
3. When is fear present in your life?



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RHYTHMS of GRACE

1. Release the need to control ...
surrender/release
2. Receive God's love and approval
... belovedness/receive
3. Rest in His provision ... trust/rest



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1. Release the need to control ...
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These things happen in prayer and
direct connection with God.




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BREAKOUT GROUP SHARING



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DISCUSSION | SHARING



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