



KINGDOM ROOTS

The Sermon on the Mount

Pharisaic View of The Law



Gospelised View of The Law

WAYS TO LIVE A HEALTHIER LIFE

1 WALK WHEN POSSIBLE



2 TAKE VACATIONS



3 DO PHYSICAL ACTIVITIES



4 BRING YOUR LUNCH TO WORK



5 REMOVE NEGATIVITY



6 READ MORE





**KINGDOM
ROOTS**
The Sermon on the Mount

Kingdom Ethics & Human Relations

Matthew 5: 21-32

3 Possible Lessons:

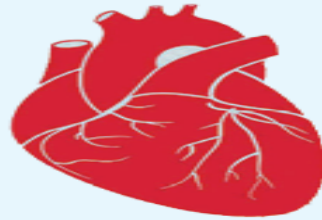
1. The law is primarily a heart issue rather than a behaviour issue.
 2. The Law is deep and humanly unattainable due to our sinful nature.
 3. Sin is a deadly cancer that must be urgently and decisively dealt with.
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1. Primarily a Heart Issue

MAJOR RISK FACTORS

FOR HEART FAILURE DIRECTLY OR INDIRECTLY

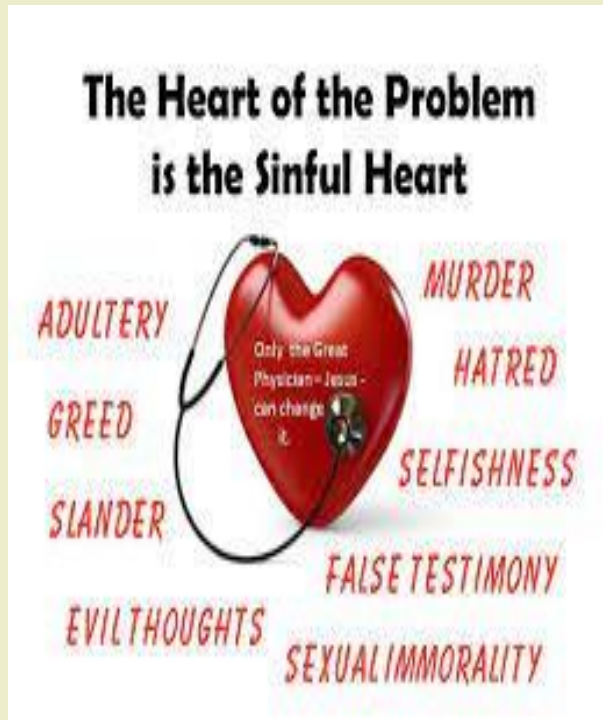
- Diabetes
- Smoking or chewing tobacco
- Hypertension
- High cholesterol or family history of disease
- Lack of exercise
- Unhealthy eating pattern
- Stress/ Lack of sleep



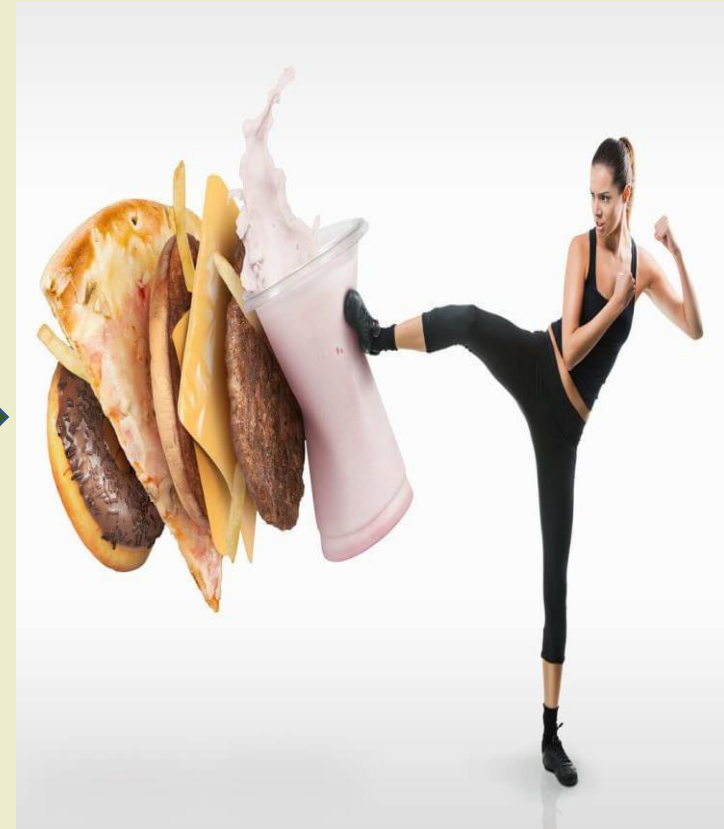
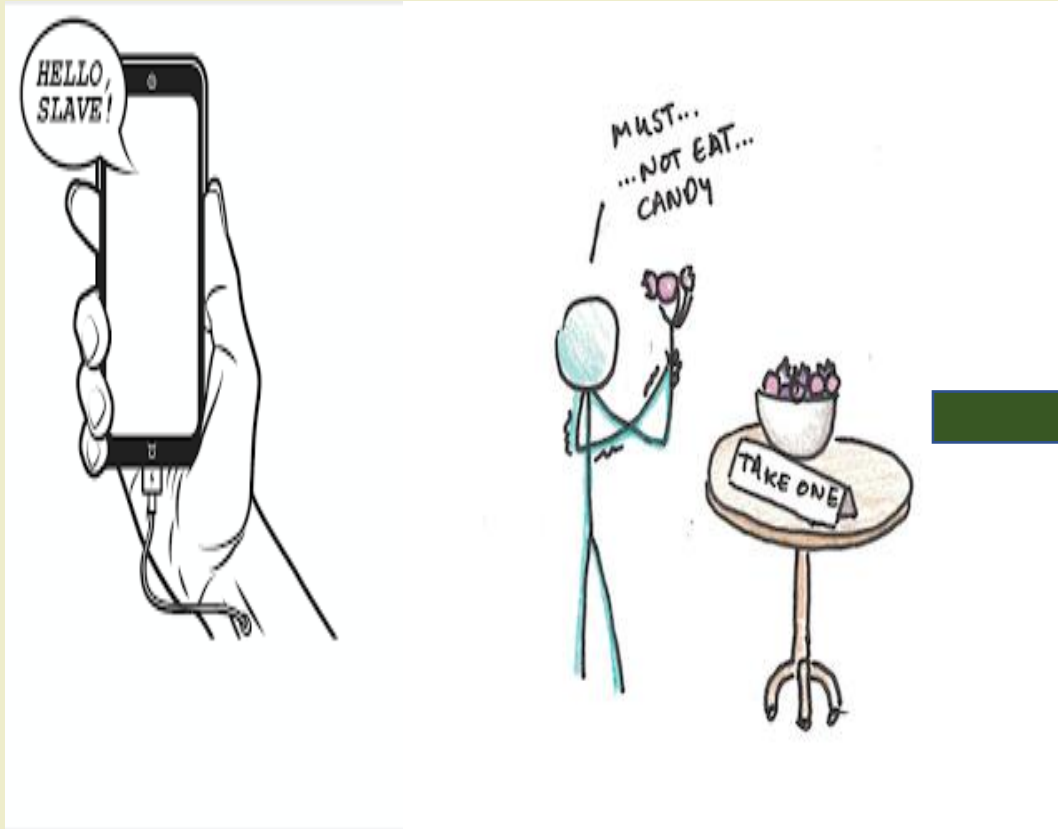
DON'T IGNORE THESE SYMPTOMS

- Breathlessness or exertion
- Breathlessness or cough on lying down
- Swelling in leg
- Puffiness of face
- Excessive fatigue
- Bloating
- Weight gain

2. Humanly Unattainable



3. Deal with Sin Urgently & Decisively



Key Reflections

1. What's your marriage like – what do you need to do to make it flourish?
2. How is your heart in terms of desires and attitudes – why not draw closer to Jesus to speed up your heart transformation?
3. What corrupting things do you entertain – why not put them to death....TODAY!
4. Who are you not in harmony with – what can you do unilaterally to help the state of relationship?