

Love your enemies

Matthew 5:38-48

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus say to do for the one who strikes, sues, or compels you — and for your enemies?

2. What does it show me about people — and about myself?

Who is the 'enemy' in your life right now — the person hardest for you to love?

3. What will I obey this week? (a concrete step, with a day)

Write down that person's name and pray for them by name every day this week, asking God for one concrete way to do them good.

4. Who will I tell?

Who has seen your grudge and needs to see your changed response?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, you send sun and rain on the evil and the good, and your Son prayed for the men who nailed him down. Teach me to love the person I least want to bless.



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