

# SUMMER WORKOUT PLAN

A discipleship guide for the  
Summer on the Mount series



AMBASSADOR  
CHURCH

# SUMMER ON THE MOUNT

## SUMMER SPIRITUAL WORKOUT PLAN

A 12-week summer discipleship reading plan to go deeper with each week's text, daily readings, reflection questions, and memory verses.

**MATTHEW 5-7**     **JUNE 14-AUGUST 30**     **~15 MIN DAILY READING TIME**

## HEAR JOURNAL METHOD

Challenge yourself to use this journaling method with each daily reading throughout the plan:

H	E	A	R
<b>HIGHLIGHT</b>	<b>EXPLAIN</b>	<b>APPLY</b>	<b>RESPOND</b>
What stands out?	What does it mean?	How does it change me?	What do I say to God?
Read the passage slowly and write down one verse or phrase that jumps out at you.	In your own words, explain what the highlighted verse means in its context.	How does this verse apply to your life right now? Your relationships? Your habits? Your fears? Or your hopes?	Close your journal time in prayer.
<b>PRACTICALLY:</b> Don't overthink this. Highlight what catches your attention.	<b>PRACTICALLY:</b> Who is speaking? Who is the audience? What is the main point? Keep it simple with a few sentences	<b>PRACTICALLY:</b> Be as specific as you can. Avoid vague answers.	<b>PRACTICALLY:</b> Respond to what God has shown you with confession, gratitude, surrender, or a specific request. Let the text shape your response or prayer.

## REFLECTION QUESTION

Engage with the weekly question. These are direct questions to help you go deeper in your study:

Each week closes with a single reflection question tied directly to the sermon passage. They're designed to help you engage with what the text is asking of you personally. Sit with your question for the week, then journal an answer when you're ready.

## MEMORY VERSE

Challenge yourself to commit one verse per week to memory:

Every week includes a memory verse drawn from that week's passage. Hiding God's Word in your heart is a great way to allow the Spirit to lead and guide you even when your Bible isn't open.

# 01 The Beatitudes & Character of God's Kingdom

Weeks 1-3 · Matthew 5:1-20

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WEEK 01 · JUNE 14 · MATT 5:1-12

## The Beatitudes

### THEME: UPSIDE-DOWN KINGDOM

Jesus opens his greatest sermon with a series of blessings. Each one describes a person the world would overlook. We are reminded that The Kingdom belongs to the poor in spirit.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Ps 34:1-10	Is 61:1-3	Luke 6:20-26	Rom 12:9-16	Matt 5:1-12 (reread)
What does it mean to be "poor in spirit"?	The Spirit sent to the lowly	Luke's parallel Beatitudes (compare + contrasts)	Living the Beatitude posture in community	Which beatitude do you most need right now?

#### REFLECTION QUESTION

Which of the eight beatitudes describes a posture you find most difficult to hold? What would it look like to pursue it this week?

#### MEMORY VERSE

"Blessed are the pure in heart, for they will see God."

**MATTHEW 5:8 (CSB)**

WEEK 02 · JUNE 21 · MATT 5:13-16

## Salt and Light

### THEME: IDENTITY BEFORE ACTIVITY

Jesus doesn't say "go be salt." He says "you ARE salt." Our influence in Milwaukee flows from who we are in Jesus. Let your identity sink in this week.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Lev 2:13	Col 4:2-6	John 8:12; 9:5	Phil 2:12-16	Matt 5:13-16
Salt as covenant and why it matters to God	"Let your speech always be gracious, seasoned with salt"	Jesus as the Light of the world	Shining like stars in the world	(reread) Where does your light naturally reach?

REFLECTION QUESTION	MEMORY VERSE
Jesus says, "Salt that loses its saltiness is useless". What habits or compromises most threaten to dilute your distinctive Christian witness?	"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." <b>MATTHEW 5:16 (CSB)</b>

WEEK 03 · JUNE 28 · MATT 5:17-20

## A Higher Standard

### THEME: FULFILLMENT, NOT ABOLISHMENT

Jesus doesn't come to scrap the Law. Instead, he comes to fulfill it. This passage is the theological engine of everything that comes after it. Understanding fulfillment changes how you read, understand and apply everything in chapters 5-7.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
P s 19:7-11	Rom 10:1-4	Gal 3:21-26	Heb 8:6-13	Matt 5:17-20
The beauty and perfection of God's law	Christ as the "end" (telos) of the law	The law as tutor pointing to Christ	The new covenant and a law written on hearts	(reread) What does "greater righteousness" look like daily?

REFLECTION QUESTION	MEMORY VERSE
The Pharisees had impressive external compliance. Where in your own life are you tempted to settle for rule-following over heart transformation?	"Don't think that I came to abolish the Law or the Prophets. I did not come to abolish but to fulfill." <b>MATTHEW 5:17 (CSB)</b>

SABBATH SUNDAY · JULY 5

## Rest. Reflect. Receive.

### THEME: SABBATH AS TRUST

This week falls on July 4th weekend. There are no daily readings assigned. Instead, use this week to rest in what you've already received from the first three weeks in the Sermon on the Mount. Sabbath is a helpful reminder that God is God and we are not. Although he welcomes and encourages our activity, he doesn't need it to move.

#### PERSONAL REFLECTION

Over the first three weeks, Jesus described the character of kingdom people; poor in spirit, pure in heart, salt and light, hungry for righteousness. Which of these descriptions feels most like a gap in your own life right now? What would it look like to stop striving this week and simply ask God to form that quality in you?

**Suggested reading: Psalm 46 · Matthew 11:28-30**

# 02 Kingdom Ethics

Weeks 4–6 · Matthew 5:21–48

WEEK 04 · JULY 12 · MATT 5:21–26

## Anger and the Path to Reconciliation

### THEME: MURDER STARTS IN THE HEART

Jesus traces the murder command down to its root; contempt. The antidote isn't just not killing people; it's doing the hard, proactive work of reconciliation that stops the heart of hatred at its root.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Gen 4:1–12	Eph 4:26–32	Prov 15:1; 29:11	Rom 12:17–21	Matt 5:21–26
Cain; anger that wasn't dealt with	Don't let the sun go down on your anger	Wisdom literature on anger and restraint	Overcoming evil with good	(reread)  Is there a relationship needing your move toward reconciliation?

#### REFLECTION QUESTION

Jesus says to leave your offering and go reconcile first. What does that say about God's priority between worship and relationships? Is there an "altar moment" you've been avoiding?

#### MEMORY VERSE

"But I tell you, everyone who is angry with his brother or sister will be subject to judgment."

**MATTHEW 5:22 (CSB)**

WEEK 05 · JULY 19 · MATT 5:27–37

## Lust, Marriage, Integrity

### THEME: THE WAR BEHIND THE EYES

Jesus traces adultery to the look. He doesn't make peace with lust. Instead, he calls for radical amputation. These are some of Jesus' hardest words, and this week deserves our honest, unhurried attention.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Job 31:1	Prov 6:20–29	1 Cor 6:18–20	Eph 5:3–5; Col 3:5	Matt 5:27–37
Job's covenant with his eyes	The wisdom tradition on sexual integrity	Your body is a temple. Flee sexual immorality	Sin should be put to death, not managed.	(reread) Where does Jesus' teaching on oath-taking connect to your speech?

REFLECTION QUESTION	MEMORY VERSE
Jesus uses the imagery of gouging out an eye rather than sinning. What “extreme” measure might faithfulness actually require in your life right now?	“But let your ‘yes’ mean ‘yes,’ and your ‘no’ mean ‘no.’ Anything more than this is from the evil one.” <b>Matthew 5:37 (CSB)</b>

WEEK 06 · JULY 26 · MATT 5:38–48

## Loving the Unlovable

### THEME: THE SCANDAL OF ENEMY LOVE

The command to love your enemy is among the most challenging and distinctive teachings in all of Jesus' ministry. This is what it looks like to bear the family resemblance of a Father who sends rain on the just and unjust alike.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Ex 23:4–5	Rom 5:6–10	Luke 23:32–34	1 Pet 3:8–17	Matt 5:38–48
Old Testament roots of enemy care	God loved us while we were still enemies	Jesus praying for those killing him	Blessing when cursed	(reread) Who is hardest for you to pray for this week?

REFLECTION QUESTION	MEMORY VERSE
Jesus says even tax collectors love those who love them back. What is “extra” about the love he’s calling you to? Is there someone you’re only willing to love transactionally?	“But I tell you, love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven.” <b>MATTHEW 5:44–45 (CSB)</b>

# 03 The Secret Life

Weeks 7–8 · Matthew 6:1–34

WEEK 07 · AUGUST 2 · MATT 6:1–18

## Giving, Praying, Fasting

### THEME: AUDIENCE OF ONE

Giving, praying, and fasting. These are three core spiritual disciplines that Jesus will warn are primarily for connection and intimacy with God and not for performance or piety. Jesus' main concern with each is the same: who are you performing for? When we do these practices, they are to be done from a place of devotion and worship to God and not for the approval of others.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Prov 21:2–3	Is 58:3–7	Luke 18:9–14	1 Sam 16:7	Matt 6:9–13
The Lord weighs motives, not just actions	The fast God actually wants	The Pharisee and the Tax Collector praying	Man looks at the outside; God looks at the heart	Pray the Lord's Prayer slowly, phrase by phrase

#### REFLECTION QUESTION

Jesus assumes his followers fast (“*when you fast*,” not “*if*”). Is fasting a regular part of your spiritual rhythm? What might it look like to add it?

#### MEMORY VERSE

“Your Father who sees in secret will reward you.”  
**MATTHEW 6:6 (CSB)**

WEEK 08 · AUGUST 9 · MATT 6:19–24

## Treasures in Heaven

### THEME: WHERE YOUR HEART IS

Jesus wants to do “heart” surgery. The question isn't whether you have money, but rather, it's whether money has you. You can't serve two masters, and pretending otherwise will produce a split and fractured life.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Ps 49:1-12	Luke 12:13-21	1 Tim 6:6-10, 17-19	2 Cor 9:6-15	Matt 6:19-24
The folly of trusting in wealth	The Parable of the Rich Fool - what are you storing?	Contentment and the command to be "rich in good deeds"	Cheerful generosity as worship	(reread) Where is the majority of your financial anxiety pointed?

REFLECTION QUESTION

Jesus says where your treasure is, your heart follows. Not the other way around. What would a look at your bank statement reveal about where your heart actually is?

MEMORY VERSE

"For where your treasure is, there your heart will be also."

**MATTHEW 6:21 (CSB)**

# 04 Trust, Discernment, and Prayer

Weeks 9–11 · Matthew 6:25–7:12

WEEK 09 · AUGUST 16 · MATT 6:25–34

## Seek First the Kingdom

**THEME: DON'T WORRY. SEEK GOD.**

Jesus wants to help us reorient our anxiety. The birds and lilies are an invitation to look up and remember who your Father is. Worry is what happens when you forget you have a King.

### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Ps 23	Phil 4:4–7	1 Pet 5:6–7	Luke 12:22–32	Matt 6:25–34
The Lord is our shepherd	Peace that transcends understanding	Cast your anxiety because God cares	Luke's parallel; "your Father knows what you need"	(reread) What is one concrete anxiety you can surrender today?

### REFLECTION QUESTION

"Seek first the kingdom" is the antidote to anxiety. We need this reminder daily. What does it look like practically to seek the kingdom first when you begin your day?

### MEMORY VERSE

"But seek first the kingdom of God and his righteousness, and all these things will be provided for you."

**MATTHEW 6:33 (CSB)**

WEEK 10 · AUGUST 23 · MATT 7:1–6

## Judging (Discernment)

**THEME: PLANKS AND SPECKS**

"Don't judge" is one of the most quoted and misunderstood verses in the Bible. Jesus informed judgment calls for right judging that includes ridding yourself of hypocrisy first. He's calling for honest, humble, self-aware discernment.

### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Rom 2:1-4	Gal 6:1-5	John 7:24	1 Cor 5:12-13; 6:1-5	Matt 7:1-6 (reread)
The hypocrisy of condemning others for your own sins	Restoring someone gently with self-awareness	Judge with right judgment, not appearances	The church's role in discernment	What judgment are you most prone to? What plank might it point to?

REFLECTION QUESTION	MEMORY VERSE
Verse 2 says you'll be judged by the same measure you use. How would you feel if God's standard toward you matched the standard you apply to others?	“First take the beam of wood out of your eye, and then you will see clearly to take the splinter out of your brother's eye.” <b>MATTHEW 7:5 (CSB)</b>

WEEK 11 · AUGUST 30 · MATT 7:7-12

## Persistent Prayer

### THEME: ASK, SEEK, KNOCK

The escalating verbs (ask, seek, knock) picture a person coming back again and again. Jesus isn't a genie who can be wielded to grant every wish. However, He is calling you to tenacious, relational, expectant dependence on a Father who gives good gifts.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Luke 11:5-13	Luke 18:1-8	Jas 5:13-18	John 15:7; 16:23-24	Matt 7:7-12 (reread)
The parable of the friend at midnight	The persistent widow. Pray and don't lose heart	Elijah's prayer and the power of persistent intercession	Asking in Jesus' name	What have you stopped asking for? Why?

REFLECTION QUESTION	MEMORY VERSE
Jesus uses the father-child relationship as his logic for prayer. How does your understanding of God as a good Father shape how boldly you actually pray?	“Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you.” <b>MATTHEW 7:7 (CSB)</b>

# 05 Build on the Rock

Week 12 · Matthew 7:13–29

WEEK 12 · SEPTEMBER 6 · MATT 7:13–29

## Building Your Life on the Firm Foundation

### THEME: HEAR IT AND DO IT

Jesus ends the sermon with four contrasts: two gates, two trees, two claims, two builders. There is a consistent theme in each one; Which one is real and which one is counterfeit? Jesus' teaching ends with a plea to pursue him and build our lives on the firm foundation so that we can grow in wisdom, righteousness, and withstand any storms that come our way.

#### DAILY READINGS

Mon	Tue	Wed	Thu	Fri
Ps 1	Ezek 13:10–16	Luke 6:46–49	Jas 1:22–25	Matt 5–7 (full reread)
The two paths; the image that opens the Psalms	The prophetic background of false building	Luke's version; "Why do you call me Lord and don't do what I say?"	Doers of the word, not hearers only	What is one specific thing this series has changed about how you live?

#### REFLECTION QUESTION

The crowd was "astonished" at Jesus' authority. After 12 weeks in the Sermon on the Mount, what has astonished you most about Jesus? What specific obedience does the Spirit most want from you now?

#### MEMORY VERSE

"Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock."

**MATTHEW 7:24 (CSB)**