



ONE at a time

JESUS ALWAYS
HAD TIME for THE
ONE

FOOD FOR THOUGHT FROM THIS CURRENT SERIES:

WEEK - 5: EXTRA MILE MENTALITY

Have you ever been in a position where you need to travel further than you expected? Maybe a re-routed plane or a road detour that extends an already fatiguing trip longer? How about a fatiguing person asking for a favour that will extend your day another hour?

In the Gospels, Jesus flipped upside-down what it means to truly influence others for lasting change.

THINK ABOUT THESE ...

1. Read **Matthew 5 verses 1-16** - Jesus made a comparison between how we treat people and the salt on food.
What does it look like when Christians are salt-of-the earth people? What does it look like when they are not?
2. Jesus went on to teach that when *salt loses its purpose, it gets thrown out and trampled on.*
How do you react to that statement, knowing His followers are the salt?
3. **Read Matthew 5 verses 38-48** - Have you been forced to go the extra mile for someone when it wasn't convenient?
4. Have you ever had someone go the extra mile for you?
5. Have you ever gone the extra mile when someone wronged you?
6. What sometimes prevents us from wanting to go the extra mile?
7. What do you think Jesus meant when He said "*Be perfect therefore, as your heavenly Father is perfect.*"?



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FOOD FOR THOUGHT FROM THIS CURRENT SERIES:

THINKING REVOLUTIONARY ...

Jesus used the power of an extra-mile mentality to gain the attention of someone who might otherwise ignore Him.

Here is a practical prayer to use this week:

***Jesus, remove my pride when the moment hits,
so I can go the extra mile when it counts.
May I be the salt of the earth in the little moments with the
people who need it the most. Amen.***

READ AND THINK ABOUT THESE WORDS:

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5 verses 13-16