

## Getting Started with Soul Training:

- If you want to be a part of Soul Training with us, please text “group” to 612-712-9727 and we will connect you with a group.
- Be sure to pick up a **Soul Training Guidebook** at the resource table today.
- The intro on page 10 in the book will help you get started in looking at your current habits and teach you about starting new ones. There are also daily reflections and soul training exercises to practice.
- For additional resources each week, go to <https://www.waiteparkchurch.org/soul-training-resources> or open your phone and scan this code.



- Kids can participate, too! Go to [waiteparkchurch.org/kidsonline](http://waiteparkchurch.org/kidsonline) and click on [KidsPark Online Experience] for Soul Training activities for kids.



## A Different Kind of Community

### Matthew 5:1-16 NIV

<sup>1</sup>Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup>and he began to teach them. He said: <sup>3</sup>"Blessed are the poor in spirit, for theirs is the kingdom of heaven. <sup>4</sup>Blessed are those who mourn, for they will be comforted. <sup>5</sup>Blessed are the meek, for they will inherit the earth.

<sup>6</sup>Blessed are those who hunger and thirst for righteousness, for they will be filled. <sup>7</sup>Blessed are the merciful, for they will be shown mercy. <sup>8</sup>Blessed are the pure in heart, for they will see God. <sup>9</sup>Blessed are the peacemakers, for they will be called children of God. <sup>10</sup>Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

<sup>11</sup>"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup>Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the

prophets who were before you. <sup>13</sup>"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.

<sup>14</sup>"You are the light of the world. A town built on a hill cannot be hidden. <sup>15</sup>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. <sup>16</sup>In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Jesus says it's not our \_\_\_\_\_ that causes people to give glory to God, it's our \_\_\_\_\_.

\_\_\_\_\_ should be different?

- Humility (vs 3)
- Hunger and thirst for righteousness (vs. 6)
- Merciful (vs.7)
- Peacemakers (vs. 9)
- Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23)

\_\_\_\_\_ should we be different?

For the sake of the \_\_\_\_\_.

Jesus tells us we are " \_\_\_\_\_ " and " \_\_\_\_\_."

### The Purpose of Salt:

1. It \_\_\_\_\_.

Following Jesus preserves \_\_\_\_\_ by restraining evil.

- Personal—by restraining our own bad inclinations
- Social—through acts of \_\_\_\_\_ and \_\_\_\_\_

2. It enhances \_\_\_\_\_.

Following Jesus should make everything good, \_\_\_\_\_.

### The Purpose of Light:

1. To help us \_\_\_\_\_ things as they really are.

\_\_\_\_\_ Can we Become Different?

We must develop \_\_\_\_\_ that allow God to change us.

It can't just be what we \_\_\_\_\_, it has to become \_\_\_\_\_ we \_\_\_\_\_.

Question: Who do you want to be?