

# MATTHEW



## WELCOME!

We are glad you are joining us.

**February 23, 2025**

Worship Team led by David Dillon

Message by Karl Helvig

**Matthew Week 36**

**Text: Matthew 23:1-38**

**Take off Your Mask**

**Ἵποκριτής, hypokrités**

**Hypocrite, “to judge under,” “to act,” “to wear a mask.”**

## THE \_\_\_\_\_ OF THE PHARISEES

Don't practice what they preach. v3

Lay heavy burdens on others, but don't lift a finger themselves. v4

Seek honor for themselves. vv5-7

Shut the door of the kingdom. v13

Convert people to hell instead of the kingdom. V15

Get derailed by the details. vv16-22

Major on the minors. vv23-24

Clean the outside, leaving the inside filthy. vv25-28

They murder God's prophets. vv.33-38

## What are the reasons you wear your mask?

Fear of \_\_\_\_\_

Desire for \_\_\_\_\_ and Perfectionism

\_\_\_\_\_ and Societal Norms

Fear of Vulnerability and Pain

Self-Protection from Past \_\_\_\_\_

## YOUR MOVE

Be Humble

Be \_\_\_\_\_

Give thanks to God

## Study Notes

Central to a “take off the mask life” is humility. Humility is not about thinking less of yourself, it is about “having someone besides yourself as the center of your attention” says Adele Ahlberg Calhoun. Below is a cacophony of ways to reflect on and cultivate humility. They’re all adapted from the book, *Spiritual Disciplines Handbook*. The Reverend Doctor Dennis Edwards argues that humility is, according to Jesus, the central characteristic of his followers. Will you build it in your life?

### REFLECTION QUESTIONS

1. Who in your life tells you the truth without praise or blame? What is this like for you?
2. Does humility appeal to you or not? Explain.
3. What do you admire about humble people?
4. How do you recognize true humility?
5. Do you tend to believe you have earned everything you have? Do you act like your achievements are simply a tribute to raw talent?

*Let your self-discoveries lead you into prayer and confession.*

### SPIRITUAL EXERCISES

1. Write a résumé of your character, not your expertise. What does this reveal about who you are becoming? Are you on the path to humility? Pray for the character you long for.
2. If you are quick to draw attention to your good works, try doing things anonymously. What is it like for you? What does it mean to you to have only God know?
3. What things are sources of pride to you? What about these things makes you proud? How do humility and pride fit together as you think about these things? How do you think God is calling you to think about the things that bring you pride?
4. In Matthew 11:29 Jesus says, "Take my yoke upon you and learn from me, for I am gentle and humble in heart." What are the characteristics of a gentle and humble heart? How are you cultivating a gentle and humble heart?
5. Assess your own image-management quotient: spend a week intentionally listening to how you speak about yourself to others. What do you notice? What would it mean to speak more simply and truthfully about yourself?

### RESOURCES ON HUMILITY

Everyday Justice: The Global Impact of Our Daily Choices by Julie Clawson

Humility by Andrew Murray

The Gift of Being Yourself by David Benner

The Prodigal God: Recovering the Heart of Christian Faith by Timothy Keller