

# SERMON ON THE MOUNT



## Workout your body & Work IN the Word

**week 1 -  
Mt 5:1-12**  
Mt 5:6 - blessed are those who hunger & thirst  
for righteousness, for they shall be satisfied

**week 2 -  
Mt 5:13-20**  
Mt 5:16 - let your lights shine before others, so that  
they give glory to your Father who is in heaven

**week 3 -  
Mt 5:21-32**  
you have heard it was said...  
but I tell you...

**week 4 -  
Mt 5:33-48**  
Mt 5:48 - you therefore must be perfect,  
as your heavenly Father is perfect

**week 5 -  
Mt 6:1-13**  
Mt 6:1 - beware of practicing  
your righteousness before  
other people - give, pray, fast

**week 6 -  
Mt 6:14-24**  
Mt 6:21 - for where your treasure is,  
there your heart will be also

**week 7 -  
Mt 6:25-34**  
Mt 6:33-34 - do not be anxious,  
seek first the kingdom of God,  
& his righteousness

**week 8 -  
Mt 7:1-14**  
Mt 7:7,11 - ask, seek, knock  
you Father in heaven gives good things  
to those who ask him

**week 9 -  
Mt 7:15-29**  
4 - everyone who hears these words of mine  
& does them will be like  
a wise man who built his house on the rock

**Strength**  
Sermon on the Mount  
Overview  
34:18

**Arms & Core**  
Matthew 5:3-5  
22:48

**Legs**  
Matthew 5:6-7  
23:54

**Metabolic**  
Matthew 5:8-9  
24:20

**Stretch**  
Matthew 5:10-12  
30:09

**Strength**  
Beatitudes Summary  
37:58

**Arms & Core**  
Matthew 5:13  
21:20

**Legs**  
Matthew 5:14-16  
26:52

**Metabolic**  
Matthew 5:17-19  
36:21

**Ball**  
Matthew 5:20  
37:14

**Strength**  
Matthew 5:21-22  
31:19

**Arms & Core**  
Matthew 5:23-26  
20:48

**Legs**  
Matthew 5:27-28  
33:11

**Metabolic**  
Matthew 5:29-30  
27:55

**Bodyweight**  
Matthew 5:31-32  
30:16

**Strength**  
Matthew 5:33-37  
32:20

**Arms & Core**  
Matthew 5:38-39  
27:54

**Legs**  
Matthew 5:40-42  
26:48

**Metabolic**  
Matthew 5:43-48  
33:36

**Kickboxing**  
Matthew 5:17-48  
Summary  
29:46

**Strength**  
Matthew 6:1-4  
36:59

**Arms & Core**  
Matthew 6:5-6  
23:16

**Legs**  
Matthew 6:7-8  
29:17

**Metabolic**  
Matthew 6:9-10  
29:31

**Stretch**  
Matthew 6:11-13  
31:36

**Strength**  
Matthew 6:14-15  
30:56

**Arms & Core**  
Matthew 6:16-18  
20:47

**Legs**  
Matthew 6:1-18  
Summary  
36:01

**Metabolic**  
Matthew 6:19-21  
33:06

**Kickboxing**  
Matthew 6:22-24  
28:37

**Strength**  
Matthew 6:25-26  
00:00

**Arms & Core**  
Matthew 6:27  
00:00

**Legs**  
Matthew 6:28-30  
00:00

**Metabolic**  
Matthew 6:31-34  
00:00

**Stretch**  
Matthew 6:25-34  
Summary  
00:00

**Strength**  
Matthew 7:1-5  
00:00

**Arms & Core**  
Matthew 7:6  
00:00

**Legs**  
Matthew 7:7-11  
00:00

**Metabolic**  
Matthew 7:12  
00:00

**Ball**  
Matthew 7:13-14  
00:00

**Strength**  
Matthew 7:15-20  
00:00

**Arms & Core**  
Matthew 7:21-23  
00:00

**Legs**  
Matthew 7:24-27  
00:00

**Metabolic**  
Matthew 7:28-29  
00:00

**Stretch**  
Sermon on the Mount  
Summary  
00:00

