



Take Off That Mask

MT. 6.1-18

“Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.” (Matthew 6:1, ESV)

Review the Sermon

Read Mt. 6.1-18.

In Mt. 5.16, Jesus said to “let your light shine before others, so that they may see your good works”. Now, Jesus is warning his followers against “practicing your righteousness before other people in order to be seen by them” (Mt. 6.1). Discuss how these seemingly contradictory statements relate to each other.

In Mt. 6.2, 5, and 16, Jesus provides three examples of religious masks that people often wear to find acceptance: generosity, spirituality, and vulnerability. Discuss how these good characteristics can be used as masks to disguise our true selves from ourselves, God, and others.

What motivation does Jesus explain is at the root of disguising who we truly are?

Assess your Life

Looking back at your family of origin – your childhood and formative years – what goals did you perceive would provide your basic need for security (love) and significance (purpose)?
Examples might include: career, money, possessions, romance, food, pleasure, control, attention, power, position, etc.



What habits and traits (or masks) have you developed in your attempt to achieve those goals? *Examples might include: physical appearance, perfectionism, different moods, humor, wealth, victimhood, etc.*

How has your pursuit of these personal goals been frustrated? What has your response been? *Examples might include: intensity, depression, guilt, resentment, anxiety, etc.*

Apply the Truth

How can you redirect your pursuit of security and significance and truly enjoy the unconditional acceptance of your heavenly Father?

What must happen for you to increasingly forget about yourself (meeting your own needs) and serve others for their benefit and God's glory?

Commit this Week

Will you commit to searching out the false goals you've been striving for that do not satisfy your deepest needs and only cause frustration? Will you seek first an authentic (maskless) relationship with your heavenly Father who accepts you on the basis of his perfect Son?

*"Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way
everlasting!" (Psalm 139:23–24, ESV)*