



Be Honest With Yourself, Part 1 (The Truth About My Attitude)

Date: January 4, 2026

Text: Matthew 5

Big Question: *What truth about yourself have you been avoiding?*

Monthly Summary:

In Matthew 5, Jesus confronts the **inner life** before outward behavior:

1. **The Truth About My Attitude** (*The Beatitudes — Matthew 5:3–12*)
2. **The Truth About My Private Issues** (*Anger & Lust — Matthew 5:21–30*)
3. **The Truth About My Relationships** (*Retaliation & Love — Matthew 5:38–48*)
4. **The Truth About My Identity** (*Salt & Light — Matthew 5:13–16*)

I. The Truth About My Attitude (*The Beatitudes — Matthew 5:3*)

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”
(*Matthew 5:3*)

Greek Insight: “Poor in Spirit”

Greek Phrase: *ptōchoi tō pneumatī*

- **ptōchos** (πτωχός) — *extremely poor, bankrupt, reduced to begging*
 - Not “middle-class poor”
 - Not “temporarily struggling”
 - Someone who **knows they have nothing left**
- **pneuma** (πνεῦμα) — *inner life, breath, inner self*

Down Home meaning (Non-Bible Language)

“Blessed are those who are honest enough to admit,

‘I don’t have this together on my own.’”

Jesus is not praising weakness —

He is rewarding **honest self-assessment**.

Practical Insight:

- This is **not** low self-esteem
- This **is** clear self-awareness
- Growth starts when **denial ends**



Note: A strong future starts with an honest look at where you really are.

II. Saul — An Example of a Bad Attitude

Saul is the biblical picture of a man who **refused honesty about his inner condition.**

A. Saul's Unchecked Anger Toward David

- Saul became **unfairly angry** with David out of jealousy
(*1 Samuel 18:8–9*)
- His anger was not momentary — it became **settled resentment**

B. Saul Repented — Then Reneged (Twice)

- Saul **confessed his sin**, but never changed his heart.

First confession:

“You are more righteous than I... I have played the fool and erred exceedingly.”
(*1 Samuel 24:17–19*)

Second confession:

“I have sinned... I have played the fool and erred exceedingly.”
(*1 Samuel 26:21*)

Note: Saul **said the right words** twice — but made **no lasting change**.

C. Saul's Obsession Cost Him Years

- David was likely in his **early 20s** when Saul began pursuing him
- David became king at **age 30** (*2 Samuel 5:4*)
- Saul spent **approximately 7–10 years** chasing David instead of leading Israel

Saul pursued David across:

- The wilderness of Judah
- En-gedi
- Ziph
- Maon

Note: This would have required **hundreds of miles of travel** through harsh terrain — all driven by **unresolved anger**. *Imagine chasing David dozens of time on horseback and foot from Savannah to Brunswick over and over again.*



Down-Home Truth: Saul wasted years of leadership chasing vengeance instead of correcting himself.

III. The Sad Outcome of Saul's Refusal to Change

Because Saul would not tell himself the truth:

1. **He wasted his life and leadership** pursuing David instead of God
(*1 Samuel 15–26*)
2. **He spiraled spiritually**
 - Lost God's direction
 - Lost Samuel's counsel
 - Lost moral clarity
3. **He consulted a witch** — the very thing he once outlawed
(*1 Samuel 28:7–14*)
4. **He died in defeat**, and his faithful son Jonathan died with him
(*1 Samuel 31:1–6*)

Final “Saul” Insight:

Saul did not lose his future because of one mistake —
He lost it because he **refused to change his attitude**.

Closing: Jesus begins future-building here:

- Not with talent
- Not with opportunity
- But with **honesty about the heart**

Closing Declaration: “Lord, help me tell myself the truth so I can build a better life.”

Next Time: The Truth About My Private Issues (*Anger & Lust — Matthew 5:21–30*)

“Whoever is angry with his brother...whoever looks at a woman to lust for her...”
(*Matthew 5:22, 28*)