The Sermon on the Mount is the most famous and extensive sermon given by Jesus Christ, providing the foundational principles for life in the Kingdom of Heaven. It is recorded in the Gospel of Matthew, chapters 5-7.

Here is a detailed outline of its structure and key teachings:

I. Introduction & The Beatitudes (Matthew 5:1-12)

- **Setting the Scene:** Jesus goes up on a mountainside to teach his disciples and the crowds.
- The Beatitudes: A series of nine blessings that describe the character traits and promised rewards of those who are part of God's kingdom. They focus on inner qualities like humility, mercy, and a desire for righteousness, rather than outward success.
 - "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

II. The Believer's Influence (Matthew 5:13-16)

- Salt of the Earth: Believers are meant to be a preserving and purifying influence in the world.
- **Light of the World:** Their good deeds should shine publicly to bring glory to God, not to themselves.

III. Christ's Relationship to the Law (Matthew 5:17-48)

Jesus explains that he came not to abolish the Old Testament Law, but to fulfill its true, deeper meaning. He then gives six "antitheses" that contrast the external interpretation of the law with a higher righteousness of the heart.

- On Anger: Goes beyond "do not murder" to address the root of anger and insults.
- On Lust: Extends "do not commit adultery" to the internal thought of lust.
- On Divorce: Upholds the sanctity of the marriage covenant.
- On Oaths: Teaches that a believer's integrity should be so high that a simple "Yes" or "No" is sufficient.
- On Retaliation: Replaces "an eye for an eye" with the principle of turning the other cheek and non-retaliation.
- On Love for Enemies: Commands a radical love that extends even to one's enemies, not just one's friends.

IV. Practices of Piety (Matthew 6:1-18)

Jesus warns against performing religious acts for public praise and emphasizes private, sincere devotion.

- **Giving to the Needy:** Should be done in secret.
- **Prayer:** To be done in private, not for show. This section includes **The Lord's Prayer** (Matthew 6:9-13) as a model for how to pray.
- **Fasting:** Should be done without drawing attention to oneself.

V. Teachings on Materialism and Worry (Matthew 6:19-34)

A call to prioritize eternal values over temporary, earthly concerns.

- **Treasures in Heaven:** Store up eternal treasures rather than earthly wealth, which is temporary.
- Cannot Serve Two Masters: One cannot be devoted to both God and money.
- **Do Not Worry:** A command to trust in God's provision for life's basic needs (food, clothing), and to seek His kingdom above all else.

VI. Teachings on Judgment and Relationships (Matthew 7:1-12)

Practical wisdom for interacting with others.

- **Judging Others:** A warning against hypocritical judgment ("first take the log out of your own eye").
- Ask, Seek, Knock: An encouragement to be persistent in prayer with the promise that God will answer.
- The Golden Rule: The summary of the Law and the Prophets: "So in everything, do to others what you would have them do to you." (Matthew 7:12).

VII. Final Warnings and Conclusion (Matthew 7:13-29)

The sermon concludes with a series of powerful warnings and a final parable emphasizing the importance of obedience.

- The Narrow and Wide Gates: The path to life is narrow and requires effort, while the path to destruction is broad and easy.
- A Tree and Its Fruit: Beware of false prophets; they can be identified by their character and actions (their "fruit").
- The Wise and Foolish Builders: The climax of the sermon. The person who hears Jesus' words and puts them into practice is like a wise man who builds his house on a solid rock foundation. The one who only hears but does not obey is like a foolish man who builds his house on sand, destined for collapse.
- The Authority of Jesus: The sermon ends with the crowd's reaction, noting that Jesus taught with a unique authority, unlike their other teachers.