Lesson 1
The Beatitudes

Objective
Learn that when we follow Jesus' Path to Happiness we are blessed from Matthew 5.

Supplies
Teachers and/or Coordinators ensure supplies are ready prior to each class.

Print From the Site:
- Attendance Chart
- Take Home Sheet (one per student)
- Beatitudes Activity Sheets (one per student)
- Beatitudes Visual Aid Sheets (one for teacher)
- Beatitudes Chart & Symbols (one for teacher cut out symbols before class)
- Jesus' Teachings Song Sheet (one set for every two students for entire quarter)

- Bibles – enough for everyone to have one
- Pens/Pencils/Crayons/Pencil Crayons
- Stickers (for attendance)
- Scissors – for teacher

Optional Supplies
Print From the Site:
- Beatitude Bulletin Board Sheets – cut out and placed in classroom for this quarter

- Snack: 8 different kinds of snacks (fruit, pretzels, crackers) – 1 of each per student for a total of 8 snacks per student
- Beatitudes Chart and Symbols sheet above (make sure to cut out symbols for snack time)
- 8 Paper Cups
- Tape
- Memory Verse Reward Treats – have available for any student who memorizes over the coming weeks
- Bean bag or ball – one for class to share

Teacher Tips

- ★ Use lots of visuals and actions to keep student's attention.
- ★ Allow them to color while you read the story to keep them focused if needed.
- ★ Sit beside student who can be fidgety or who might distract others.
- ★ Learn their names - calling a student by name, gets them back on track.
- ★ Break up the lesson if needed with a different activity to keep their attention.
- ★ Remember to promote "please and thank you".

1) Introduction to Lesson

Prep

If desired, take the Beatitude Bulletin Board Pictures and place in the room to help students remember. Point them out and go through them over this quarter as they learn Jesus' teachings. Print sheets and have supplies ready.

As students enter, welcome them and help them find a chair to sit at. Thank them for coming. Take attendance (using the supplied chart or your own). Let each student put a sticker beside their name for this week.

Share with students: **My name is _____ and I will be your teacher this quarter. Before we studied that Jesus came to earth to save all people. He was born as a baby and grew up as a young child, just like you! Then as an adult He was baptized and began His ministry – teaching everyone about the kingdom of God – God's rule. He taught, healed people and died to save us from our sins and was raised again. He is now in heaven ruling and one day will return to take those who believe in Him to heaven as well. He followed the path to happiness and He wants us to follow Him as well. Jesus taught many wonderful things and this quarter we will study some of the great things Jesus taught us. Today we will learn Jesus' pathway to happiness.**

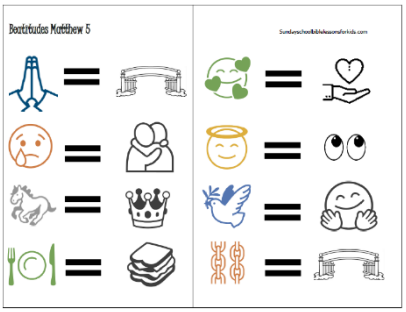
Hand out Jesus' Teachings Song Sheets one to every two students so they can follow along. **Now let's sing a song to get us started about the importance of God's Word.** Sing a few times through so they can learn it. You can hear it here: https://www.youtube.com/watch?v=_hrl_wugPMY or go to the Sunday School Bible Lessons for Kids website and click on the Kids Songs Tab to hear it.

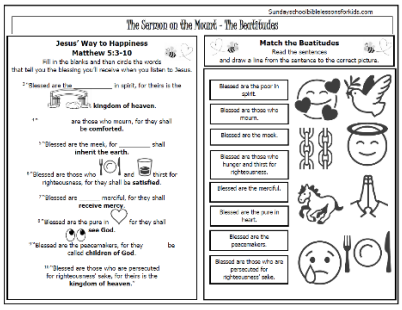
The More We Read The Bible

Tune: "The More We Get Together"

The more we read the Bible, the Bible, the Bible,
The more we read the Bible, the happier we'll be.
We'll learn about Jesus and how we can please Him.
The more we read the Bible, the happier we'll be.

2) Class Time - The Beatitudes 15-20 minutes





Prep:
Have visual aid and Bibles ready for those who need them. *If you have students who don't have their own Bibles consider bringing a new Bible for them. Have activity sheets and pencils ready as well.

Activity:
Have you ever heard people say that if you want to be happy you need to be rich, or famous, or have a great career? Let students answer.

The world tells people that happiness comes from external things – money, praise, or power. But Jesus tells us that the true path to happiness comes from following God. Jesus followed the path to happiness and we can follow that same path. Jesus will teach us 8 ways we are blessed when we follow God. They are called the Beatitudes because in Latin they mean supremely blessed and that is what Jesus said we will be. Let's all turn in our Bibles to Matthew 5 so we can learn the path to happiness.

Read **Matthew 5:1-12** while showing visual aids pointing to each Beatitude and its reward. Have volunteers take turns, or read yourself.
Let's go through the list again and see what Jesus is meaning.

Poor in Spirit
Point to the praying hands on the visual aid.
When we are poor in spirit, it means we recognize that we need God that without Him we are missing something important in our lives.

What are some ways we need God? Food, health, life, even the air we breathe, help with problems, etc.
What does God promise when we go to Him? Kingdom of Heaven!
All of His ability, blessings, and help are available when we go to Him. When we recognize we need God we go from being poor in spirit to being filled with heavenly riches – peace, love, assurance, purpose and more.

Mourn

Next, Jesus says that we are blessed when we mourn! How can that be? Jesus is saying when we recognize that our sins hurt God and others, we are acknowledging that sins are bad.
Should we feel sad when we sin and do wrong? Yes
Does it hurt you when others sin against you? Yes

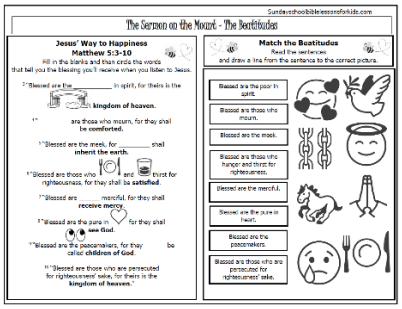
When we are sad because of things in the world that are wrong or have done something wrong ourselves, it is not the end. Jesus says those who are sad have hope. We are blessed because thanks to Jesus we can have comfort. Because He died for our sins, our sins no longer have to control us and make us feel hopeless and alone. With God in our lives, we can be comforted knowing God is with us, loves us and will help us. So when we are sad over sins, we receive comfort from God.

Have you ever been sad about something and someone came and cheered you up? Let students answer. **That is what Jesus does for us when we recognize that sin is bad and we don't like it.**

Meek

Let's look at the next one. How strong is a horse? Very strong and powerful.
Yet, horses are meek. Meek means strength under control. Even though horses are strong, they are gentle and helpful. Jesus says those who are meek – like a horse, will inherit the earth. They overcome the world because rather than using their power to harm, they use their power to do good. They help when they can. They are gentle and never harm. That is meek. Jesus says we will be happy when we are meek.

Hand out the activity sheets and have students do the first three Bible verses 3-5 fill in words and match the first three beatitudes to the picture it goes with on the right. When they have done those, have them write their names, take the sheets back and continue.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The Sermon on the Mount - The Beatitudes

Jesus' Way to Happiness
Matthew 5:3-10
Fill in the blanks and then circle the words that tell you the blessing you'll receive when you listen to Jesus.

3 "Blessed are the _____ in spirit, for theirs is the **kingdom of heaven.**

4 "_____ are those who mourn, for they shall **be comforted.**

5 "Blessed are the meek, for they _____ shall **inherit the earth.**

6 "Blessed are those who _____ and _____ thirst for righteousness, for they shall be **satisfied.**

7 "Blessed are _____ merciful, for they shall **receive mercy.**

8 "Blessed are the pure in _____, for they shall **see God.**

9 "Blessed are the peacemakers, for they _____ be called **children of God.**

10 "Blessed are those who are persecuted for righteousness' sake, for theirs is the **kingdom of heaven.**

Match the Beatitudes
Read the sentences and draw a line from the sentence to the correct picture.

Blessed are the poor in spirit.
Blessed are those who mourn.
Blessed are the meek.
Blessed are those who hunger and thirst for righteousness.
Blessed are the merciful.
Blessed are the pure in heart.
Blessed are the peacemakers.
Blessed are those who are persecuted for righteousness' sake.

Answers:
Fill in Blanks
Poor Blessed They
Circle
Kingdom of heaven, comforted, inherit the earth

Match
Poor in Spirit Mourn Meek

<u>Hunger and Thirst</u>
How many of you have been hungry, raise your hand? Or thirsty? When we are hungry or thirsty, our focus becomes centered on getting something to fill our need. In the same way spiritually when we hunger and thirst for righteousness, it means we are hungry for God's Word. We want to learn the right things to do and are willing to do them. We treat reading the Bible and pleasing God as important as eating our meals each day. If we can't go a day without feeling hungry for food, Jesus says we are blessed when we recognize we can't go a day without reading God's Word and putting it into our lives.

<u>Merciful</u>
Next we will look at merciful. Merciful means being forgiving and kind when someone has done wrong to us or needs kindness rather than punishment. Have you ever been in trouble and instead of mom or dad or the teacher yelling at you, they said it is ok, just don't do it again? They forgave you? Let students answer.
That is being merciful. When we forgive others, and are merciful to them, Jesus says God will be merciful and forgive us when we sin and do wrong. That doesn't mean we do wrong on purpose, but we know that when we make mistakes or sin, that because we are mournful and sad over our sin, because we are meek and merciful to others, God will be the same to us.

Pure in Heart

Who wants a glass of dirty water? No one! The water is not pure. And God says we are blessed when we keep our heart pure from evil and sin too. Just like we don't want dirty water, we don't want a dirty heart either.

Jesus says when we follow the path to happiness we need to remember to be pure in heart. Doing the right things and avoiding the wrong. What does Jesus say happens to those who follow this path to happiness? They will see God! Wow! What a promise and gift to know that when we avoid sin and say no to bad things, God says that we will see Him because of it. Not in this life, but in Heaven. Only those who are pure in heart will see God in this special way. So let's make sure we avoid sin and focus on Godly things so we can see God.

Hand out the activity sheet again and have students work on the next three fill ins verses 6-8 and matches and then take back the sheets and continue discussing.

Answers:
Fill in – the
Circle – Satisfied, receive mercy, see God
Match
Hunger and Thirst Merciful Pure in Heart

Peacemakers

Describe someone who makes peace or is a peacemaker? Let them answer.

They bring unity, people go to them with problems and they find good solutions that work for both groups, they stop fights and arguments by listening to both sides. Maybe your mom or teacher or friend is a good example of a peacemaker.

A peacemaker is also someone who tells others about Jesus. When people know about Jesus, they learn the importance of peace and how to become a peacemaker as well! So when we share the good news of Jesus and bring unity and peace to others, the Bible says we will be children of God. We are like Jesus when we are peacemakers and are considered God's children. How wonderful!

As you point to the visual aid say: **We have seen that the path to happiness means being poor in spirit, mourning over our sins, being meek and controlled, wanting to study God's Word and being hungry for it, forgiving and merciful to others, pure and wanting to avoid evil, and being a peacemaker and sharing the good news of Jesus that offers true peace.**

Last we will see that we are blessed when we are persecuted. How can that be?

Persecuted

When someone is persecuted, it means that people reject them and even say mean things or hurt them because they follow Jesus. They are rejected because of Christ. But Jesus says we are blessed because when the world rejects us, it means God accepts us! We receive heavenly acceptance which is far greater and more important than what the world thinks of us. Jesus says it is better to be persecuted than follow the world. Better to receive heavenly acceptance! When we are persecuted we are actually blessed because it means we are following Christ and people are noticing it. When we stand up for Christ, God stands up for us!

Does anyone have any questions? Answer from the Bible and if you need help, you can write to Sundayschoolbiblelessonsforkids@protonmail.com and get back to the student next time.

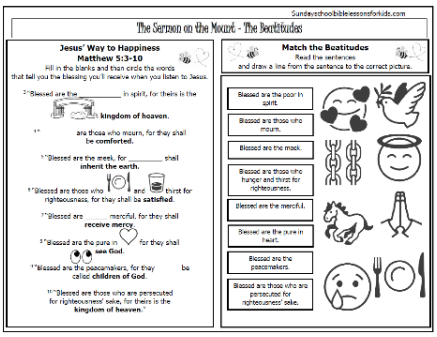
Now let's finish our activity sheets and have some fun learning to follow the Beatitude path to happiness.

3) Class Activity – Beatitude Activity Sheets 15-30 minutes

Prep

Before class make sure you have cut out the symbols for the Beatitudes chart. Have chart for you and activity sheets for students. You can either tape or glue the symbols to the right spot, or you can just place them on the sheet if the chart will stay on the table. Finish the first page of the activity sheet with students first, then do the chart and What Beatitude is Happening activity on their activity sheets. Then if time do the coloring and writing activities.

Activity



Hand out sheets once again to each student along with crayons, pencils, and/or pencil crayons. Go through the sheets, read the instructions aloud and help them finish as many activities as they can until class time is almost over. (Leave room for prayer and snack if doing.) Ask if they have any questions while they do the sheets. Go through the questions on the sheet as a class. The last page of their activity sheet matches with the Beatitudes Chart and Symbols which you will all do as a class.

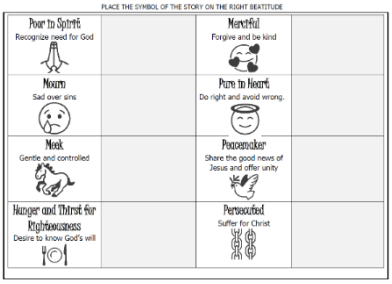
Remaining Answers:

Fill in – Shall

Circle – Children of God, Kingdom of Heaven.

Match

Peacemakers Persecuted



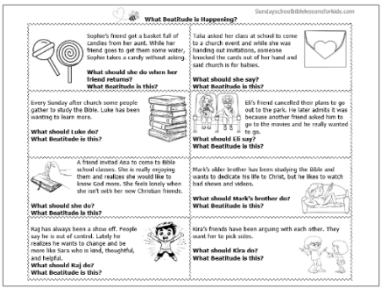


Chart Answers:

Poor in Spirit – Hands praying on Bible (Ana)

Mourn – Candy (Sophie)

Meek – Wanting to be gentle (Raj)

Hunger and Thirst – Join Bible study (Luke)

Merciful – Movies (Eli)

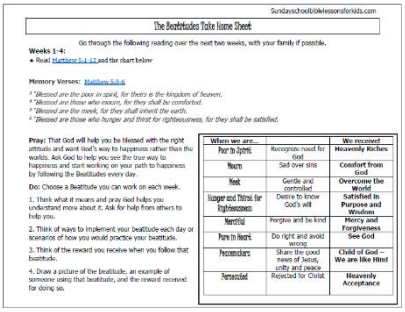
Pure in Heart – Watching bad shows (Mark's brother)

Peacemaker – Helping friends (Kira)

Persecuted – Inviting to Church Card (Talia)

4) Take Home Sheet 2 minutes

Hand out one sheet to each student. Tell them that: **This sheet is to stay at your home to help you study God's Word. It would be great if you can read, learn and do all the activities over the next 4 weeks.** If time you and the class can read through the chart on the bottom right.



5) Optional – Beatitude Ball Toss 5 minutes

Have a ball or bean bag and with the Beatitudes Visual aid and chart on the table (so they can look if needed), toss the ball to a student and see if they can name a beatitude. If they can name one in 10 seconds they get to toss the ball to someone else and ask them to name another one, if they can't name one, ask the class to name one and then have the student toss the ball to someone else. Try to ensure everyone is chosen and tell students they can't toss the ball to the same person twice. Go until all beatitudes have been named. Repeat if students are having fun.

6) Optional Snack – Beatitude Guess 5-10 minutes

Prep

Choose 8 different small snacks – fruit pieces, crackers, pretzels, mini marshmallows, chocolate cookies, popcorn piece, etc. Whatever you can easily fit in a paper cup.

Cut out the symbols from the Beatitude Chart and Symbols sheet that are for snack time. Tape one symbol on a different paper cup filled with bite-sized snacks – a different snack in each cup.

Snack

During snack time let students name the Beatitude on the cup as a group in order to win the snack inside! Do for all 8 Beatitudes. Discuss each Beatitude while snacking before doing the next Beatitude. If time, let them sort the cups in order from the 1st to 8th Beatitude.

You've all done a great job this morning learning that we can be truly blessed and happy when we follow Jesus' Beatitudes.

While students are snacking ask some questions:

What was the most important thing you learned today? Why?
What do you think is the easiest Beatitude for you and why?
What do you think is the hardest Beatitude for you and why?
What Beatitudes do you already try to follow?
Which Beatitudes do you want to add to your life?

Clean up before moving on.

7) Optional Activity – Memory Verses 5 minutes

For the next few weeks, have the students go to **Matthew 5** in their Bibles and read the verses aloud as a class 2 times. If desired, have a few reward treats for those who can memorize the Bible verse over the following weeks.

Matthew 5:3-6

3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 "Blessed are those who mourn, for they shall be comforted.

5 "Blessed are the meek, for they shall inherit the earth.

6 "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Other options include:

- You saying a phrase and have students repeat a few times before working on the next phrase.
- Have students repeat after each other.
- Ask students to think of hand gestures for each section of the verse.
- Show visual aid to help with learning

8) Closing Prayer

**Before the prayer, make sure the activities/snacks have been cleaned up.
Ask if there are any prayers the students want to share. Write them down to help you remember. Then ask all students to bow their heads and fold their hands to pray. Start below if you need help and then add the other prayer requests.

Thank You God that You bless us as we follow You. May we recognize our need for you, to be sad when we sin, to live gentle and meek lives, desiring Your Word, being merciful, kind and forgiving to others, pure and wanting to avoid doing wrong. May we be peacemakers sharing the good news of Jesus and know that we may be persecuted for doing so, but that it is ok, because Your path to happiness provides us heavenly riches, acceptance, comfort, purpose, forgiveness and to be called Your children and the knowledge that we will see You. Bless us and help us God as we try follow Your path for our lives.

Help us with our problems. We pray for those who could not come to worship today because of illness or weakness, help them to get better so they can

return to us soon. Thank You for our families, church families, and friends. It is in Jesus' name we pray, Amen.

9) Things to Remember

Thank the students for coming.
Encourage them to share what they learned with their family.
Take their activity sheets home.
Make sure students leave with a responsible person.
Thank you for serving Christ in this way!