

A Recipe for Happiness: The Beatitudes

Theme

Jesus gave us the recipe for happiness — the Beatitudes.

Object

The ingredients for making trail mix. (healthy choice of whole-grain cereal, raisins, dried fruit like cranberries or banana slices, walnuts or almonds, sunflower or pumpkin seeds, chocolate chips or M&Ms. etc.)

Scripture

Matthew 5:1-12

Today, we are going to fix a tasty snack. Oh boy, that sounds like fun. The first thing we need is a recipe. You know what a recipe is, don't you? A recipe is a set of instructions, including a list of all the ingredients. I have a recipe to make a delicious and healthy trail mix.

And here are the trail mix ingredients we need and a bowl to mix it in. (Show the items.)

Can you help me make this trail mix? Let's read the recipe to know how to make it. First, we will add some Chex Mix and M&Ms. (Hand the bags to children to pour into the bowl.)

Let's see, next we add some pretzel sticks and then some yogurt-covered raisins. (Hand the bags to children to pour into the bowl.)

We're not done! We still have two more ingredients for our trail mix. Let's add the Cheez Its and the Honeycomb cereal. (Hand the bags to children to pour into the bowl.)

Well, the trail mix is all finished and I need someone to stir it. (Choose a child to gently stir the trail mix.)

So now we have a tasty snack we can enjoy later. (Set the trail mix aside.)

Did you know that Jesus gave us a recipe for living a happy life? In the book of Matthew, the Bible says, "Now when Jesus saw the crowds, He went up on a mountainside and sat down. His disciples came to Him, and He began to teach them." He taught them a lesson we call "The Beatitudes." Each one of the beatitudes starts with the words, "Blessed are they..." Some translations of the Bible use the word happy instead of blessed. So this is Jesus' recipe for us to be happy.

I like that the word "beatitudes" has two parts to it: be and attitude. The Beatitudes are ways that we can *be* and *attitudes* we can have. Let's look at a few of these be-attitudes. Jesus said to...

- Be merciful to people. To be kind when they are hurting.

Jesus said to...

- Be peacemakers when people are fighting.

Jesus said to...

- Have an attitude of pure thoughts.

Jesus said to...

- Have an attitude of wanting to do right.

Jesus also said that when we are sad, God comforts us and then we are happy.

I like that Jesus gave us a recipe for how to be and what kind of attitudes to have. And Jesus says that we will be happy if we follow His recipe.

Dear God, thank You for the beatitudes. Please help us follow Your recipe for a happy and blessed life. In Jesus' name we pray, amen.

Interactive Group Activities
by Carol Williams & Charles Kirkpatrick

Sermon Title: "A Recipe for Happiness"

Scripture Reading: Matthew 5:1-12

HAPPY BUBBLES: Have the children sit on the floor with a paper plate and a straw. Put a few drops of dish soap in the middle of each plate and add a little water. Tell the children to make HAPPY BUBBLES by blowing through their straws into the soapy mixture.

HAPPY FREEZE: The children will gather in an open space and the teacher will play or sing, IF YOU'RE HAPPY AND YOU KNOW IT, while the children move and dance around in a HAPPY way. When the music stops, the children are to FREEZE with a happy look on their face (the bigger the smile the better), until the music starts to play again.

HAPPY RECIPE CARD: Each child can be given a colorful recipe card with the letters for HAPPY as an acrostic down the left side. Children can write a word next to each letter that helps them be happy in Jesus. (Ex - H - Hands (to serve Jesus); A - Always (tell people Jesus loves them); P - Prayer; P - Pleased; Y - YES (to Jesus), etc.

BEATITUDE PUZZLES: Give each an envelope with one of the beatitudes written on a slip of paper and then cut into pieces. The child will arrange the pieces of paper in the correct order and read the beatitude to the class.

HAPPY BOOKLET: Give the children pieces of construction paper with circles drawn on them to be cut out (already drawn for children so all circles are the same size). The circles can be placed together to form a booklet and hole punched and tied together with a piece of string or yarn through the hole to hold the circles together. Each page can be a HAPPY page -- with Happy stickers of all kinds, or drawings of various type of HAPPY faces. Encourage them to use words from our lesson today that make us happy in Jesus. Encourage children to take their books home and look at their HAPPY BOOKLET throughout the week!

HAPPY HEART: Give the supplies needed to make a happy heart to each child — a piece of construction paper and a heart to decorate with stickers and glitter, then glue it to the sheet of construction paper. BLESSED means HAPPY or other words from our lesson today may then be written on the paper in colorful markers.

HAPPY HEARTS POSTER: The children can pick at least 15 various sizes and colors of hearts that the teacher will provided to the class. They can be cut out hearts or stickers. The poster will have HAPPY ARE THE PURE IN HEART written in large letters in the center. All the various colorful hearts and stickers will then be placed around the edge of the poster to form a heart border!

HAPPY HUNTING: Before class, the teacher will write the Beatitudes on slips of paper and hide them around the room for the children to search for after the lesson is finished. When a child finds one, it will be taped to a poster board at the front of the room. If children are older or have a helper, they may try to put the beatitudes in the correct order. If they need additional help, they could look up Matthew 5:1-12 and use that to put them in the correct order.

SNACK TIME: Today's snack will be the trail mix that was prepared during the lesson.

Song: "I'm Happy All the Time"

Words and Music (pdf)



MP3 Accompaniment Track (right click to save to your computer)

Song: "If You're Happy"

Words and Music (pdf)



MP3 Accompaniment Track

About Carol Williams

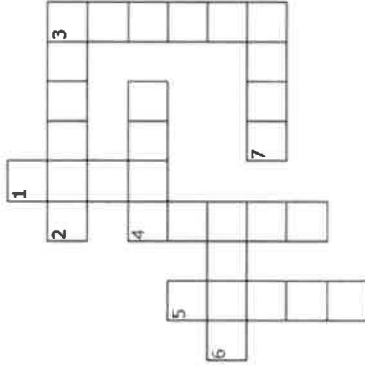
Carol and her husband have served churches in Illinois, Minnesota, Mississippi, Michigan, and Indiana. Carol loves to work with children so you will find her teaching in Junior Church and children's Sunday School. She also has clowning ministry in which she is known as Bubbles tc (the clown).

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Crossword Puzzle



ACROSS

- A need for food
- To be humble in spirit or manner
- Having little money or few possessions
- To feel happiness, joy and pleasure

DOWN

- To be without any faults; without sin
- A payment received in return for doing good deeds
- To show great kindness toward others
- To feel sadness

PURE	MOURN	REWARD	HUNGER
POOR	GLAD	MERCY	MEEK



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Children's Worship Bulletin

The Beatitudes

Matthew 5:1-12

Word Search

K M B S P F N T K X V Y K L X
 Z Y Z P X U H E H I E C K J K
 J E B I W P R S P I N A R K X
 J J O R G J H E O O R G R S X
 E W T I X D H U S P O S D T M
 H X S T I O B N N C U R T O H
 Z I G S D E C O Y G W R M Y M
 I K M B J L I C X D E I O C I
 N W I L V I R L C K C R U W W
 H I Y E U E X U A H H M R B D
 E K R S M Z H E A V E N N E Z
 R K R S K W X B T M I A L G E
 I N N E E A A B S F H L R U X
 T W B D O S G P F D I W L T Z
 F M E E K V F U O F Q R G B V

MOURN	THIRST	PURE	HUNGER	HEART
FILLED	MEEK	MERCY	POOR	EARTH
KINGDOM	INHERIT	HEAVEN	BLESSED	SPIRIT

Your Church Name
City or Town

Decoder Puzzle

Each number represents a letter of the alphabet. Substitute correct letter for the numbers to reveal the coded words.

S	A	Y	X	O	L	B	G	C	Q	J	D	U	W	Z	N	T	R	P	E	V	I	M	K	H	F
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 7-20-2-17-22-17-13-12-20-1 _____
- 19-5-5-18 _____
- 1-19-22-18-22-17 _____
- 23-5-13-18-16 _____
- 23-20-20-24 _____
- 25-13-16-8-20-18 _____
- 23-20-18-9-22-26-13-6 _____
- 19-13-18-20 _____
- 24-22-16-8-12-5-23 _____
- 25-20-2-21-20-16 _____

HUNGER	MOURN	SPIRIT	MERCIFUL	MEEK
POOR	PURE	KINGDOM	BEATITUDES	HEAVEN



Coloring Page



The Sermon on the Mount
Matthew 5:1-12

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