

Sunday School Lesson Outline

Lesson: Blessed
Passage: Matthew 5:1-12
Big Idea: Jesus' people are living the best way now, because we have a reward in heaven.
Main Aim: Rejoice and be glad now, because our reward is great in heaven.
Key verses: Matthew 5:12

Please pray for the lesson preparation, that God's word would feed us and the children.

Laptop/tablet + speaker: You will need to bring a device to play media.

If needed, Jonny can provide **a laptop and Bluetooth speaker.** 😊

Additional resources for prep: Grace Group booklets or talk to Jonny if needed.

Sermon on the Mount Overview

Matthew is a book which makes disciples, who go and make disciples, who make more disciples...

This teaching from Jesus is about how his disciples will live.

So, each week we'll highlight - this *isn't* how we live to become disciples.

Instead, *this is* how followers of Jesus will live as Jesus' already-saved people.

Passage overview – Talk outline on page 3.

1. Jesus climbs the mountain to give the law (like Moses did). 5:1
He speaks to his disciples and a listening crowd.
2. "Blessed are", meaning "Those people are so fortunate who..." 5:2-10
3. We are the blessed ones. 5:11-12
So, we can rejoice and be glad, even when life looks rubbish.
Because we have a reward in heaven.

Main Aim/Application - For them then & us now.

This changes what it means for us to live the good life/the blessed life.

We live the good life now as Christians, even when it doesn't look like it.

Groups

At CW – Prepare for **Sailors and Officers**, taught together.

At GR & EC – Prepare for either **Sailors or Officers**, taught separately.

Ages
Sailors: Age 3 to Year 2
Officers: Years 3-6

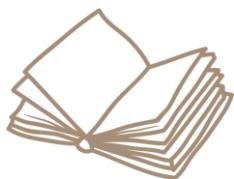
Lesson Overview

Get Going
~3 min + Song



Welcome & Pray
Intro Idea
Song

Bible Talk
~10 mins



The Big Idea
The Main Aim

Heart & Hands
~30 mins



Craft/ Worksheet
Further teaching
Memory verse

Catechisms
~10 mins

The New City
Catechism for Kids



Practice Together

Land the Lesson



Recap
Pray
Extra Fun Time



Get Going

Welcome, Pray, Introduction idea & Song

At GR and EC the [Sailor Leader](#) will lead the “Get Going” section, by default.

Welcome and connect briefly with the children

- Ask a fun question. Something like:
Was your week good or bad? Show me with thumbs up/down/halfway. Why?
How was your week out of 10? Show me with fingers. Why?
What's the most fun/boring thing that happened? The best food you ate? Smelliest smell?

Prayer by the leader

- Help us to listen carefully to what God has to say to us today, and to have fun.

Set expectations:

- Rules:
 - We listen to the leader.
 - We love our neighbour.
- We're here to learn about Jesus and have fun.
- If you need the toilet, let us know and we'll take you.

Intro Idea - Introduce the “Big Idea” of the passage with **Intro Powerpoint slides**.

- Ask the children – Would you feel like carrying on, if this happened?
 - You're running a race, and you're promised an ice cream at the end! Yes!
 - You're running a race, and someone eats your ice cream before you get there! Sad!
 - You're tidying up, and you're promised time on the trampoline at the end! Yes!
 - You're tidying up, but your trampoline has flow away! Sad!
 - You're being a Christian and it's not always easy. There is a reward in heaven for you. Rejoice and be glad! Our reward is kept safe. It's not going away. Yes!

Sing - If needed, talk through the words and actions before singing.

God Speaks - [God Speaks - Emu Music \(with Lyrics\)](#)

With actions (A little too babyish for GR and EC): [God Speaks | All-Age Worship from All Souls](#)



Bible Talk

Teaching the Big Idea & Main Aim.

Using the ICB translation: International Children's Bible.

Available at: [Bible Gateway](#)

Keep it clear and snappy.

Centre the talk on the Big Idea and the Main Aim.

Have a Bible open throughout to show that we're teaching from God's word, and not from our heads.

Think of ways to make the Bible talk engaging. Ideas for this are below.

Key Verses – Matthew 5:12

Note on “Blessed”

In this passage, “blessed” doesn't mean that people receive something from God (unlike in Ephesians 1:3 where blessing means something like a gift.), instead it's noticing that someone is fortunate or happy. “So fortunate is the one who...”, like in Psalm 1.

Lesson Points

Introduction

Jesus has saved his people! But now they're saved, they might be wondering what to do. They might be wondering how they should live.

Jesus went up onto a mountain, and he sat down to teach the crowd and his disciples.

1. Blessed/happy now, are those who...

Verses 2-10

For each “blessed are”, put something in the now column.

Jesus says, these people are blessed now.

They're living the good life, now.

Poor in spirit (know they need Jesus to help us with sin)

Mourn (Sad about what sin has done to this world)

Meek

Hunger and thirst for righteousness (they want to live well)

Etc.

For each “blessed are”, put something in the future column.

We'll leave v3 and v10 for now.

Jesus says, these people will receive something in the future, on earth.

They will be comforted.

The earth will belong to them.

Etc.

2. This reward is now in heaven, and it will come to earth.

Verses 3 and 10

But that's not all. Jesus says that we *already* have a reward now.

The reward is in heaven, at the moment.

But the reward one day will come to earth.

3. So, rejoice and be glad, because we have a reward in heaven. Verse 11-12
 We have the reward now stored in heaven.
 And the reward will come to earth in the future.
 So, Jesus says, rejoice and be glad!

Conclusion

Maybe sometimes we can think that Christians have the worst life.
 We might think, what's the point in following Jesus?

But Jesus tells us that Christians live the best life.
 Even when life is hard, and they're sad, they can be happy.
 Because we have a reward now in heaven.
 Which we will receive on earth one day.

We can be sure that we're living the blessed life now.

Brief application - The Main Aim expanded.

- **Sailors** State the Main Aim application and expand it a bit.
 When we're at home/school/church or when we're sad/happy/tired...
 This is how it's right to think/act/talk/feel.
 Give a concrete example:
 "When we feel x, we can remember y"
- **Officers** Ask questions to arrive at the Main aim application.
 How does this help us think/act/talk/feel differently?
 What about at home/school/church or when we're sad/happy/tired?
 Give a concrete example:
 "When we feel x, we can remember y"

Teaching ideas - Ask Jonny if you'd like more ideas.

- Use the *Sermon on the Mount* series teaching image.
 "Jesus' rescued people live this way."
 It's about the things we do, say, think and feel.
 (Sin is the bad things we do, say, think and feel – Jesus will tell us the good things)

- Use the teaching images.
 Lay them out as you explain. They can help children track through the talk.

- Act something out.
 Could you act out the beatitudes with a child who is mourning, sad, persecuted.
 But Jesus calls them blessed/lucky! What a surprise!

- Use actions and a catch phrase. For example: "We don't fear man (*trebling action and point at children*), instead we fear God! (*Tremble and point up*)."
 When we feel sad, we remember Jesus said rejoice and be glad!

Sad face, hand to mouth like BSL "Thank you", happy and arms up.

How is this true, then? We have a reward in heaven!

Shrug and then point up.

- Feel free to show this video, they might watch it a lot this term!

<https://www.youtube.com/watch?v=6tLMF6shOLE>

- Ask questions as you go through, adapting them for the children in your group.
- **Sailors - More question ideas:** What noise/ smell do you think it made? How many stars did he see? Have you ever seen that before? How did he feel? What face would she have made?
- **Sailors - More teaching ideas:** Make actions to copy at certain points, act it out with costumes and scenery, go for a walk around the room, use Lego/Playmobile figures.
- **Officers - More question ideas:** Why do you think he did that? What did she get right/ wrong? What would you do in his situation?
- **Officers - More teaching ideas:** Act it out, have them draw scenes, shout out the best thing they see in the passage, make a puppet show using paper and card, go for a walk, use Lego.



Heart and Hands

More on the **Big Idea & Main Aim** with activities.

Table Activities - Craft or worksheet - Spares go to the Eltham service.

- **Sailors** Prayer Craft.
Cut, stick/fasten, colour. Chat about how it relates to the teaching point.
- **Officers** Prayer Sheet.
*This is a guided Bible study, to help them learn how Bible studies work.
The sheet progresses from easy questions to harder questions.
Help them find answers in the Bible and think about them.*

The New City
Catechism

for Kids



New City Catechism

Practice Together

What is this? [Tim Keller Introduces the New City Catechism](#)

Why do this? [Why We Should Catechize Our Children](#)

This week - Question 22.

- Open up the Catechism of the week.
Practice saying it with the children. Some might have learnt it at home to say it with less help.
Talk about difficult words and ideas.
- **Sailors** Use Children's Mode and the songs to learn.
Choose the right question from the following playlist:
[Q1 What is Our Only Hope in Life and Death?](#)

- **Officers** Use Children's Mode where necessary.
You could make up a rhyme or rap to learn it.
Or make up a game of trying to remember it: Get in a circle, say one word each.



Land the lesson

Bring everything together: Recap, prayer and game.

Recap - Use the craft/ worksheet to remind them of the Big Idea & Main Aim.

Pray - Encourage the children to pray with you about the Big Idea and Main Aim.
They could **thank/praise God** for it or **ask for help** in believing it.

- **Sailors** You could suggest "Popcorn prayers" - really short prayers.
Or "Arrow prayers"- We all shoot up like an arrow at the end.
Or you could try the idea we use with Officers.
- **Officers** You could pass an object, like a Bible, around the room.
When a child receives the Bible, they can choose to pray in their head or aloud.

Game idea - Check the OneDrive

Time fillers, Games and Music - Check the OneDrive

- I often play something from: <https://www.youtube.com/@thebiggeststory>
- A Spotify playlist of Sunday School songs can be found in the Term Overview Document.

Sign out - Give each family a Take Home Sheet

- Sign out with Check-In.