

Sunday School Lesson Outline



Lesson: Our inside matters

Passage: Matthew 5:21-30

Big Idea: Jesus' followers know that our thoughts and feelings matter as much as our actions.

Main Aim: Be followers of Jesus with our hearts as well as with our hands.

Key verses: Matthew 5:21-22

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 the "blessed" life: the good life.

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. Followers of Jesus know that our hearts matter: Anger.

5:21-26

It's not just the outside that matters: murder.

It's the inside that matters: anger in our heart.

2. Followers of Jesus know that our hearts matter: Lust

5:27-30

It's not just the outside that matters: adultery.

It's the inside that matters: adultery in our heart.

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

Realise that following Jesus means we live the same in our hearts as well as on the outside.

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

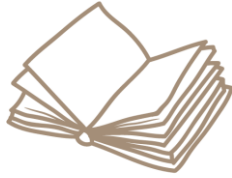
Lesson Overview

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 – Which person is the same in their heart and on the outside?
 - Someone gives a present and loves the person.
 - Someone says, “Hello! (happily)” but hates the person. “Grrrr!”
 - Someone claps a friend and is happy they won a trophy.
 - Someone claps a friend but hates that *they* won a trophy!
 - Jesus is kind to people and loves them.
 - Jesus says we shouldn't just follow him with our hands, we follow him with our hearts!

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

NEW SONG – Jesus Number 1 <https://www.youtube.com/watch?v=nfcxVgrVgpo>

You could learn the actions from this <https://www.youtube.com/watch?v=j4kl7uo6wJY>



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 5:21-22

Censoring "Lust"

We'll just talk about a married person wanting another husband/wife who isn't theirs.

Like "You shall not covet your neighbours' wife" from the 10 commandments.

We won't talk about anything beyond that.

Sin

In Sunday school, we have two ways of talking about sin.

Sin is the bad things we do, say, think and feel. With actions. This will be extra useful this week.

Sin is "Shove off God", "I'm in charge", "No to your rule." Classic.

Lesson Points

Introduction

Jesus has saved us, so we live for him.

Some people might think, that's just the things that we do and say. Things on the outside.

But Jesus will also talk about the things we think and feel.

The things in our heart.

1. Followers of Jesus know that our hearts matter: Getting angry 5:21-26
Jesus says,

Some people say, taking someone's life with hands is really bad.

Killing someone is really bad.

Is that really bad, children? Thumbs up/down.

Yes, that is really bad.

And Jesus says,

I say to you, hating someone in our heart is really bad.

Anyone angry with someone at church (A brother), really bad.

Anyone calling someone at church bad names, really bad.

Anyone calling someone at church an idiot, really bad.

It's not just the outside that matters: what we do.

With our hands.

Jesus says, it's the inside that matters: what we think and feel.

In our hearts.

So, fix things quickly:

If you're about to do something important.

And you remember that you're still angry with someone at church. Fix it quickly!

So, if you've done something wrong.

Fix it quickly!

2. Followers of Jesus know that our hearts matter: Wanting someone that isn't ours. 5:27-30
Jesus says,

Some people say, taking someone else's wife is really bad.

Is that really bad, children? Thumbs up/down.

Yes, that is really bad.

And Jesus says,

I say to you, wanting to take someone's wife is really bad.

It's better to lose an eye than to want someone's wife.

It's better to lose a hand than to want someone's wife. Wow!

It's not just the outside that matters: what we do and say.

With our hands.

Jesus says, it's the inside that matters: what we think and feel.

In our hearts.

Conclusion

Maybe sometimes we think that we can look nice on the outside, and our hearts don't matter.

But Jesus says our hearts really matter.

Jesus always loved people with his hands and with his heart.

All the things Jesus did, said, thought and said, were good.

In his heart and with his hands.

Jesus calls us to live like him.

Jesus sees our hearts and he wants his followers to follow him in our hearts.

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"

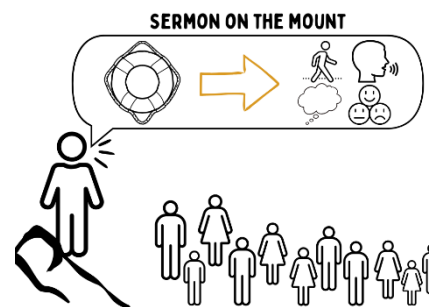
Teaching ideas - Ask Jonny if you'd like more ideas.

- Use the *Sermon on the Mount* series teaching image.
Laminated and in the box.

"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.

Someone being nice on the outside, hating someone on the inside.

Verses 23-26 Being reconciled.

- 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*)."

Followers of Jesus. *Walking action*

Follow with our hands. *Hold out hands*

AND follow with our hearts. *Hand on heart*

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

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

- **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 23.

- 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.