

Sunday School Lesson Outline

Lesson: Words are a big deal
Passage: Matthew 5:31-37
Big Idea: Jesus' followers know that our words are a big deal, so we stick to our words.
Main Aim: Be followers of Jesus by sticking to our words.
Key verses: Matthew 5:37

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 words are a big deal: Marriage. 5:31-32

Our words when people promised to marry were a big deal. They said, "I will/I do".

So, they can't just stop a marriage like it's nothing.

Because their words are a big deal.

2. Followers of Jesus know that our words are a big deal: Promises. 5:33-36

Our words when we say things, are a big deal. We say, "yes/no".

So, we can't just change what we said like it's nothing.

Because our words are a big deal.

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

Realise that following Jesus means our words are hugely important: They really mean things.

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

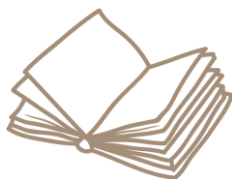
Lesson Overview

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 knows that their words are a big deal? Thumbs up/down.
 - Someone says, “I will tidy my room” and they do it!
 - Someone says, “I pinky promise I'll tidy my room.” And they don't do it.
 - Someone says, “I'll help you.” And they do it.
 - Someone says, “I 100 million times swear that I'll help you!” and they don't do it.
 - Jesus says, “I'll die and come back to life again.” And then he does it.
 - Jesus says that our words are a big deal. We should say things like “yes” or “no” and do what we say”

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

Jesus is the King - [Jesus is the King - EMU Music](#)

Use this to learn the actions: <https://youtu.be/CY-DliVHMew>



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 5:37

On divorce – take care.

We don't need to mention most of verse 32, there is no need for details about when/not divorce is permitted.

It's worth bearing in mind that there will likely be children from families where a divorce/ separation has taken place.

The main point is that promising to marry someone is a big deal, because words are a big deal.

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 - what we do matters, what we think and feel matters.

But some followers of Jesus might not think what we say, our words really matter.

We can say things and it doesn't matter if we don't do what we say, some might think.

But Jesus will tell us, Big idea & Main Aim.

1. Followers of Jesus know that our words are a big deal: Marriage. 5:31-32

Our words when we promised to marry were a big deal. They said, "I will/I do".

When two people get married, they make a promise.

They say that they will be married, until they die.

So, we can't just stop a marriage like it's nothing.

Some people in Jesus' time said people could stop marriage whenever they wanted.

Their words aren't a big deal, some thought.

They said these things, but they can change their mind, that's ok.

Jesus says, "No!"

Followers of Jesus keep their promises.

Because our words are a big deal.

2. Followers of Jesus know that our words are a big deal: Promises. 5:33-36
Our words when we say things, are a big deal. We say, "Yes/No".

What are some things we might say "yes" or "no" to?
Helping at home? Doing homework? Being a good friend?

So, we can't just change what we said like it's nothing.

Some people in Jesus' time said people could make promises and then not keep them!
Their words aren't a big deal, some thought.

The promise on heaven, God, the earth, Jerusalem, their heads.

They might say, "I promise to God that I'll do it!"

"I promise on God's temple that I'll be there!"

They said these things, but they can change their mind, that's ok.

Jesus says, "No!"

Followers of Jesus keep their promises.

Some people might change their mind when they say things.

They might not think their words are a big deal.

They might say, "yes" but they mean "no".

Or "no" and they mean "yes".

What are some things others might say "yes" or "no" to, but they mean the opposite?

Promise to help, promise to be a friend, promise to tell the truth.

We only need to say "yes" or "no". Just say what we mean.

Because our words are a big deal.

Conclusion

Some people might think - what we do matters, what we think and feel matters.

But some followers of Jesus might not think what we say, our words really matter.

But actually, our words matter as much as what we do, think and feel.

Our words are a big deal.

We do what we say we'll do.

Jesus always knew his words were a big deal.

He said what he would do, and he did it.

We can trust Jesus' words are true.

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.

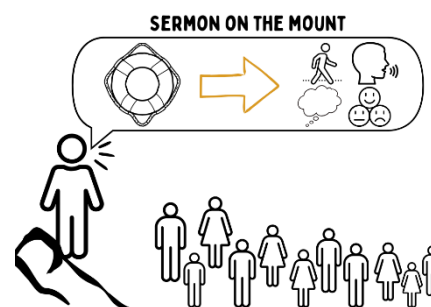
- Use the *Sermon on the Mount* series teaching image.
Laminated and in the box.

"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.

Could you act out a wedding with the people saying "I will/I do"??

Could you act out someone making a big promise and then changing their mind?

- 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*

Know our words BSL "Thank you" sign. <https://www.signbsl.com/sign/thank-you>

Are a big deal. *Arms out wide.*

- 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.