

## February 18-24 Matthew 5; Luke 6

# "BLESSED ARE YE"

- 1. Play-Dough Smiles:** (Lasting happiness comes from living the way Jesus Christ taught) Ask if they know what the word “blessed” means. Explain that it means “happy.” Review the difference between Jesus and Satan. Which one wants us to be happy? In the scriptures, Jesus taught us lots of things we can do that will make us happy (blessed). Everyone sit at the table and tell them we’re going to read some scriptures about things we can do that will help us be happy.

➤ Matthew 5:1-12 and Luke 6:20-26 Tell them to listen carefully to these scriptures, and each time they hear the word “blessed,” you will give them a small piece of play-dough to make into a smile. Maybe have a piece of wax paper on the table with a simple face with eyes and a face drawn so they can see where the smile goes? Read the scriptures out loud and emphasize the word “blessed” whenever the scriptures say that so they notice it. Each time they notice it, they can get another small piece of play-dough to add onto the smile and make it bigger. While they’re adding each piece (maybe tell them to roll it into a snake shape to make it a long smile), give a quick description of what it was that Jesus said we should do in order to be blessed. When you’re done reading, remind them: does Jesus want us to be happy or sad? Talk about how big the smile is and how happy Jesus wants all of us to be because He loves us.
- 2. Sermon on the Mount Book** - Read through this together, look at the pictures, and talk about specific things that each of us can do to follow these things Jesus taught so we can be happy (blessed).
- 3. Treasure Box** – Read/discuss Luke 6:45. Have a pile of chocolate coins sitting on the table. Ask if they think these are “good treasures” or “evil (bad) treasures.” Tell them we’re going to read some things the scriptures talk about. If what it says is a good thing, we’ll put one of the coins in our treasure box. If it’s bad, we don’t get to put another coin in. Read and explain the following (or cut out and have kids pick one at a time. Tape good ones onto coins, throw bad ones away):

Luke 6:27 Love your enemies, do good to them which hate you  
Luke 6:28 Bless them that curse you, and pray for them which despitefully use you  
Luke 6:29 And unto him that smiteth thee on the one cheek offer also the other; and him that taketh away thy cloak forbid not to take thy coat also  
Luke 6:30 Give to every man that asketh of thee  
Luke 6:31 And as ye would that men should do to you, do ye also to them likewise.  
Matthew 5:38 An eye for an eye, and a tooth for a tooth  
Matthew 5:41 And whosoever shall compel thee to go a mile, go with him twain.  
Matthew 5:42 Give to him that asketh thee, and from him that would borrow of thee turn thou not away.  
Matthew 5:43 Hate thine enemy  
Matthew 5:44 Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.

- Are we happier when we do good things or bad things? Have them think of other good things for each of the remaining coins.
4. Reward- Explain what the word “reward” means (we’ll get something good). Tell them that Luke 6:35 says “your reward shall be great” if you do these things Jesus has asked us to. Luke 6:23 also says “Rejoice ye in that day, and leap for joy: for behold, your reward is great in heaven.” This one says that doing the things Jesus asks us to will make us so happy we’ll “leap for joy!”
- Will doing the things Satan wants us to do make us happy at all? Discuss how Alma 34:39 states, “He (the devil) rewardeth you no good thing.” Just like with the chocolate coins, doing nice/good things helps us get rewards from heaven. Doing bad things doesn’t. Remind them that Jesus wants us to be happy and Satan doesn’t.
  - Find a place in the house to keep the treasure box full of coins. Each time you catch them doing some of the good things Jesus taught us to do throughout the week, they can have one of the chocolate coins. Maybe keep the Sermon on the Mount book next to the treasure chest to remind them about some of the specific things they can do.
5. Jenga Tower- Use Jenga blocks to act out the wise man/foolish man (Luke 6:46-49). Build one tower on a big sturdy book, another on a pile of sand in a pan. Which one is stronger? Remind them that if we do Christ’s sayings, it makes us stronger like the house on the rock. If we learn about these things but don’t do them, it’s like building our house on the sand (our spirits are weaker). When we learn AND do what He taught, not only are we happier, but we’re also stronger like the rock house. Sing primary song.
6. Treat – Caramel Popcorn – Matthew 5:13- Does salt make popcorn better or worse? What other ingredients could be added to popcorn to make it yummy? Would we want to add dirt to it? Or would we rather add sugar/good ingredients? While we’re on Earth, would we rather add good/nice things by the way we treat people or bad/yucky things? Put caramel popcorn ingredients in for each good thing the kids can think of for ways to be kind to others and make the world a better place. Is the popcorn better when you add good ingredients? Is the Earth better when we do good things? What can we do to make the world a better place (How can we be like the salt/good ingredients of the Earth)?

Additional Ideas:

- Show video “Sermon on the Mount: The Beatitudes” (lds.org), talk about how cool it would’ve been to sit with Jesus on the mountain and hear him talk. Even though we’re not actually sitting on a mountain with Jesus, when we read the scriptures, those are the things Jesus and Heavenly Father want to say to us.

Sermon on the Mount Book: Cut on solid lines. Glue second strip to tab on first strip. Fold back and forth on the dotted lines. (from <https://www.lds.org/liahona/2004/04/sharing-time-if-i-choose-to-obey-ill-be-happy-all-day?lang=eng>)

 <p><b>I will forgive others.</b></p> <p>Blessed are the merciful: for they shall obtain mercy (Matthew 5:7).</p>	 <p><b>Sermon on the Mount</b> The Teachings of Jesus</p>
 <p><b>I will keep my baptismal covenants.</b></p> <p>Blessed are the pure in heart: for they shall see God (Matthew 5:8).</p>	 <p><b>I will follow my Savior's example.</b></p> <p>Blessed are the poor in spirit who come unto me, for theirs is the kingdom of heaven (3 Nephi 12:3; see also Matthew 5:3).</p>
 <p><b>I will be kind and not show anger to others.</b></p> <p>Blessed are the peacemakers: for they shall be called the children of God (Matthew 5:9).</p>	 <p><b>I will trust the Lord. The Holy Ghost will bring me comfort and peace.</b></p> <p>Blessed are they that mourn: for they shall be comforted (Matthew 5:4).</p>
 <p><b>I will bear my testimony in word and deed.</b></p> <p>Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven (Matthew 5:10).</p>	 <p><b>I will obey Heavenly Father's commandments.</b></p> <p>Blessed are the meek: for they shall inherit the earth (Matthew 5:5).</p>
 <p><b>I will be happy when I follow the teachings of Jesus Christ.</b></p> <p>Jesus gave the same teachings to both the Jews (see Matthew 5-7) and the Nephites (see 3 Nephi 12-14).</p>	 <p><b>I will study the scriptures daily.</b></p> <p>Blessed are all they who do hunger and thirst after righteousness, for they shall be filled with the Holy Ghost (3 Nephi 12:6; see also Matthew 5:6).</p>

**Glue**

Treasure Box: (print on cardstock)

