

THE BEATITUDES

**Juniors Scripture Resource
2024/25**

BBNI
THE NORTHERN IRELAND BOYS' BRIGADE



SESSION ONE

INTRO INTO THE BEATITUDES

THE BIG IDEA

The Beatitudes tells us what it is like to live God's way. Jesus taught about this and we can find it in the Bible. It is called 'Sermon on the Mount'. It helps us to live God's way and helps us to become more like Jesus.

THE WORD

Matthew 5v1-12
Luke 10v25-37

INTRODUCTION

Ask the children to think of one thing they have done to help someone. Ask them how this made them feel.

An example could be, 'I helped my friend learn a sport' or 'I gave my friend some of my lunch as they were still hungry.' Give the children the opportunity to tell you what they have done.

Ask the children to stand up. Read out a list of behaviours. If they think it is a good behaviour, they go to one side of the room or if they think it is a bad behaviour they go to the other side of the room. The idea is to start to read the behaviours quickly so they can run back and forth quicker each time. Explain that we are going to look at a man in the Bible called Jesus, who was perfect.

ACTIVITIES

ACTIVITY

Break the Code

Wordsearch

DRAMA

BB Attitudes

SONG

The Beatitudes Song

THE TALK

Jesus taught what we call 'The Beatitudes'. Let's think of this as 'good attitudes'. Over the next 10 weeks, we will be looking at each of the Beatitudes. Can anyone tell me one thing they are grateful for? (Ask for some responses)

Jesus in the 'Beatitudes' talks about blessing, can anyone tell me what blessed means? Blessed means that God wants the best for us and he cares for us. When God blesses us He gives us everything we need to do what He created us to do.

Let's look at a story in the Bible of a time that Jesus blessed someone. When we look in the Bible we can see that Jesus blessed so many people, but we will talk about one today.

We are going to learn a story from the Bible today about 'The Good Samaritan'. Does anyone know what a parable is? A parable is a story that Jesus told that taught people about God and how we should live.

Jesus told this parable as a man stood up to question Jesus. The man was very smart and asked Jesus, 'What should I do so that I can go to heaven.' Jesus asked the man, 'What do you think.' The man replied with this, 'You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbour as yourself.' Jesus told the man that he was right. But then Jesus went on to tell him this parable (if needed, remind the children of the meaning of a parable).

One day a man was travelling from Jerusalem to Jericho. He was tired on his journey, imagine having hills to climb and it being really

warm! As he was walking, he was stopped on his journey and was attacked by robbers! They took everything the man owned and they tore off most of his clothes. To make sure that the man didn't try to run after them, they beat him up and left him.

Now on the same road, there was a priest who was coming the man's way and when he spotted him lying on the ground, he passed by on the other side of the road and ignored the man!

The man was still waiting for someone to come and help him when another man came. This man was called a Levite, he slowed down, looked a little more at the man and then walked away!

The man was sad that everyone seemed to be ignoring him and he had decided that no one was going to come and help him. The man heard some more footsteps and this time a Samaritan was walking down the road. Samaritans didn't like Jews as Jews weren't always very nice to the Samaritans. The man lying on the road was a Jew so he didn't think the Samaritan would help him. This Samaritan was different and he felt bad for the man lying on the road so he decided to help him. The Samaritan helped to bandage up the man and took care of him. He took the man to an inn and paid for the man to stay there until he was better.

Jesus finished the story by saying, "Which of these three, do you think, proved to be a neighbour to the man who fell among the robbers?" He said, "The one who showed him mercy." And Jesus said to him, "You go, and do likewise.

APPLICATION

Nobody would have expected The Samaritan to help the man lying on the road but he did! Is there someone you can help today or is there someone in school who is on their own that you can ask to join with the sport that you are playing?

With your leaders help, I want you to write one thing that you that you think Jesus loves about you.

Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven." Jesus cares for us and he loves us. Remember that when you help others and when you tell other people about Jesus, you are also blessing others.

SESSION ONE

ACTIVITIES



BREAK THE CODE

De-code the code breaker to find out what Beatitudes we will be learning about. (see page 5)



THE BEATITUDES SONG

Sing along with the song and have some fun learning the actions (see you tube link below)

[The Beatitudes \(Dance Step with Lyrics\) \(youtube.com\)](https://www.youtube.com/watch?v=...)

BREAK THE CODE

THE BEATITUDES

Work out what Beatitudes we will be learning about in our Scripture Course this year, use the below example.

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I	J
3	K	L	M	N	O
4	P	Q	R	S	T
5	U	V	W	X	Y
6	Z				

Example:

God Is Love
 22 53 41 42 44 23 53 25 51

14 53 53 34 42 43 44 14 42 34 42 54

54 32 53 44 51 35 32 53 33 53 15 34 43

33 51 51 13

54 32 53 44 51 35 32 53 32 15 43 22 51 34

33 51 34 31 42 12 15 23

14 15 34 51 42 43 32 51 11 34 54

14 51 11 31 51 33 11 13 51 34 44

14 51 34 44 51 31 15 54 53 34 44

34 51 52 53 42 31 51 11 43 41 21 51 22 23 11 41

SESSION ONE

THE BB ATTITUDES



*Two narrators stand to the side while the rest of the group form a line centre stage.
They act out what the narrators say.*

Narrator 1: Everybody knows what it takes to do well in life

Narrator 2: You've got to be big

Children make themselves as big as possible

Narrator 1: You've got to be brave

Strike brave, heroic pose

Narrator 2: And you've got to be tough!

Fold arms and grunt, look a bit like a tough bodyguard

Narrator 1: You've got to show people who's boss

Point both thumbs towards self and say

Boys: That's me!

Narrator 2: That you're top dog

Howl like dogs

Narrator 1: and also that you're the most important person in the room and not an actual dog

Children shrug it off and say

Children: Yeah, we knew that!

Narrator 2: People need to know that you won't take no for an answer

Children: No chance!

Narrator 1: That it's your way or the high way

Pointing as if dismissing someone

Children: Get outta here!

Narrator 2: And if people cross you, it will not end well for them

Make a cut throat gesture

Narrator 1: That's right, these are the BB Attitudes

Narrator 2: Helping the youth of today grow into the super tough, no nonsense leaders of tomorrow

Narrator 3 + 4 enter and interrupt

Narrator 3: Excuse me, what are you guys talking about?

Narrator 4: Yeah you've got this all wrong!

Narrators 1+2: Huh?

Narrator 3: It's the Beatitudes, not the BB attitudes

Narrator 4: and even if it were the BB attitudes, I don't think they'd be like that

Narrator 3: Yeah they'd be much more like the actual Beatitudes

Narrator 4: You see, it's not about anyone becoming top dog

Narrator 3: It's about humbling yourself and following Jesus

Narrator 4: and putting others first

Narrators 1+2: Huh?

Narrator 3: I think we had better explain

Narrator 4 points to the children in the line

Narrator 4: And you guys can help us out!

Narrator 3: Jesus said 'Blessed are the poor'

Children turn out their pockets and say

Children: We're skint!

Narrator 4: For theirs is the kingdom of Heaven

Children: Deal!

Narrator 3: Blessed are those who mourn

Every second child drops to their knees crying

Narrator 4: For they will be comforted

The children left standing put a hand on the shoulder of the ones on their knees and say:

Boys: There there

Narrator 3: Blessed are the gentle

Standing children give the ones on the floor a helping hand up

Narrator 4: Blessed are the hungry

Children hold their stomachs and groan

Narrator 3: Blessed are the merciful and the pure in heart

Make heart symbol with their hands

Narrator 4: Blessed are the peacemakers and those who are persecuted

The children turn into two groups who hold fists up as if about to fight, one child stands in the middle with arms out as if trying to keep the peace

Narrator 3: Jesus said all these things to show how the Kingdom of Heaven works

Narrator 4: Because when we humble ourselves and follow Jesus

Narrator 3: When we put the needs of others before our own

Narrator 4: Then people become less selfish,

Narrator 3: People are looked after instead of looked down upon

Narrator 4: and the world becomes a better place,

Narrator 3: The world becomes a lot more like the Kingdom of Heaven

Narrator 4: The end.

THE BEATITUDES

WORDSEARCH

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

MOURN	COMFORTED	TONGUE	HUNGER
ESAU	HEAVEN	EARTH	KNEE
CAREFUL	BLESSED	JACOB	MEEK
HUMBLED	INHERIT	MARTHA	SERVING
BIRTHRIGHT	SERVING	FEET	BOW

SESSION TWO

BLESSED ARE THE POOR IN SPIRIT

ACTIVITIES



THE BIG IDEA

Blessed are the poor in Spirit - The parable of the Pharisee and the Tax Collector. Jesus is the great, mighty and powerful one.

He is the one who can save us and make us part of God's family. But He can only save us if we realise we need Him.

ACTIVITY ✂

Humility Walk

CRAFT 🎨

Pharisee and the Tax Collector Cups

ACTIVITY ✂

Wordsearch



THE WORD

Matthew 5v3

Luke 18v9-14



INTRODUCTION

Hold your chin up high, look down your nose at the children and say things like, "Aren't I so great! I'm better than all of you! I'm so clever and so good looking. Don't you all wish you were like me?"

If that was the way I normally talked, wouldn't you think I was very proud and stuck up!?

Well today we are going to hear a story about a man who was exactly like that.



DEFINITIONS

You may find these useful during the talk.

Temple	The building where the people went to worship God
Prayer	Talking to God
Sin	Things we think, say or do which are wrong and are not what God would want us to do
Poor in Spirit	Those who know that they need Jesus
Kingdom of Heaven	Those who are part of God's family, who have trusted Jesus to forgive them and will one day see Jesus in heaven

THE TALK

One day Jesus was with people who were very proud and thought they were better than everyone around them. So, Jesus told them a story to teach them a lesson. He said...

One day two men went to the temple to pray to God. They had both come to pray, but they were both very different. One stood up straight and tall. He was a Pharisee, one of the religious leaders – he worked in the temple – and he thought he was wonderful. He thought he knew everything there was to know about being one of God’s people. No one knew more than him! And so, he stood up tall with his nose in the air and he prayed. “God, I thank you that I’m better than everyone else. Others do all sorts of wrong things, but I don’t. I give money to God, and I pray and sometimes I don’t even eat so that I can spend more time praying! I am quite wonderful, and I thank you”

The second man prayed in a very different way. It says that he was a tax collector. That means that he went around collecting money for the government. This job didn’t make him very popular! He went away into a corner where people couldn’t see him. He couldn’t even look up, maybe he was crying, and he prayed, “Lord I’ve done so much that’s wrong. Please forgive me”.

Which man do you think prayed a good prayer, in a good way? Whose prayer do you think God would have answered?

(Hopefully the children will get the answer – the second man)

Do you know what the problem was with the

first man? He thought he was good enough as he was. He thought he did very well on his own.

You see - none of us are perfect. We all do things that are wrong every single day. This man thought he was ok...but he wasn’t. He was proud and boastful and looked down on people and probably did lots of other wrong things too. We all do! Maybe he thought bad thoughts about people, maybe he lost his temper, maybe he was ungrateful. But he thought he was ok!

Do you know that God sent His son Jesus into the world to rescue us because we’ve all done wrong things. We’ve all sinned. When we come to Jesus and tell Him we are sorry for our sins, He can forgive them, because He died for us. Then we can be part of God’s family and have Him with us helping us every day. But He can’t rescue us and forgive us if we don’t ask Him because we think we’re ok. That was this man’s problem. He thought he was ok. He didn’t see all the wrong things he thought, said and did every day, so he was never going to ask for forgiveness, so he couldn’t be part of God’s family.

The second man, the tax collector, was very different. He knew he had done wrong. Maybe he had cheated and stolen from people when he was collecting money off them, and now he was feeling terrible. He knew how bad he was. So, he just prayed, “Lord forgive me”.

Is God able to forgive people when they come to Him? Yes, of course He is. That man went home changed and forgiven and happy.

APPLICATION

Have a think about yourself now. Have you ever thought something horrible about someone else? Have you ever told a lie? Have you ever been greedy? Have you ever disobeyed your parents? Have you ever got cross? (*Allow the children to raise their hands each time*) Yes, we have all done things that are wrong. The Bible says, 'Blessed are the poor in Spirit, for theirs is the kingdom of heaven'. That means that those who God saves and takes into His family are those who realise they do wrong, who realise that they need rescued, and who realise that Jesus is the great and powerful one who can rescue them. They are poor in spirit because they know they need Jesus.

You can do that tonight. You can pray, "God thank you that you are great and mighty. Thank you that you sent Jesus into the world to die for me. Sorry for all the wrong things I do. Please forgive me and make me part of your family. Amen".

If you pray a prayer like that and really mean it, then you are like the second man in the story who prayed in the right way, because he knew he needed Jesus.

SESSION TWO

ACTIVITIES

HUMILITY WALK

The idea behind it is stepping into someone else's shoes. The aim is that the children get an understanding that they don't know what's going on in someone else's life unless they were in their shoes.

What you will need:

- Cheap flip flops or use flip flop template on page 14
- Coloured Permanent markers
- Any extras – Diamonds, feathers, stickers, pompoms

They can decorate the top of the flip-flop however they want, in whatever pattern, design, picture they want to draw on. They could add on the verse Luke 18 v 14. There's an opportunity for leaders to take it further where they could have a discussion with the children about any of their worries or stresses. The children could then write these on the bottom/sole of the flipflop (where you can't see them). This would help emphasise that even though you can't see what's going on in someone else's life or what they're going through, always be humble, as you're not walking in their shoes.



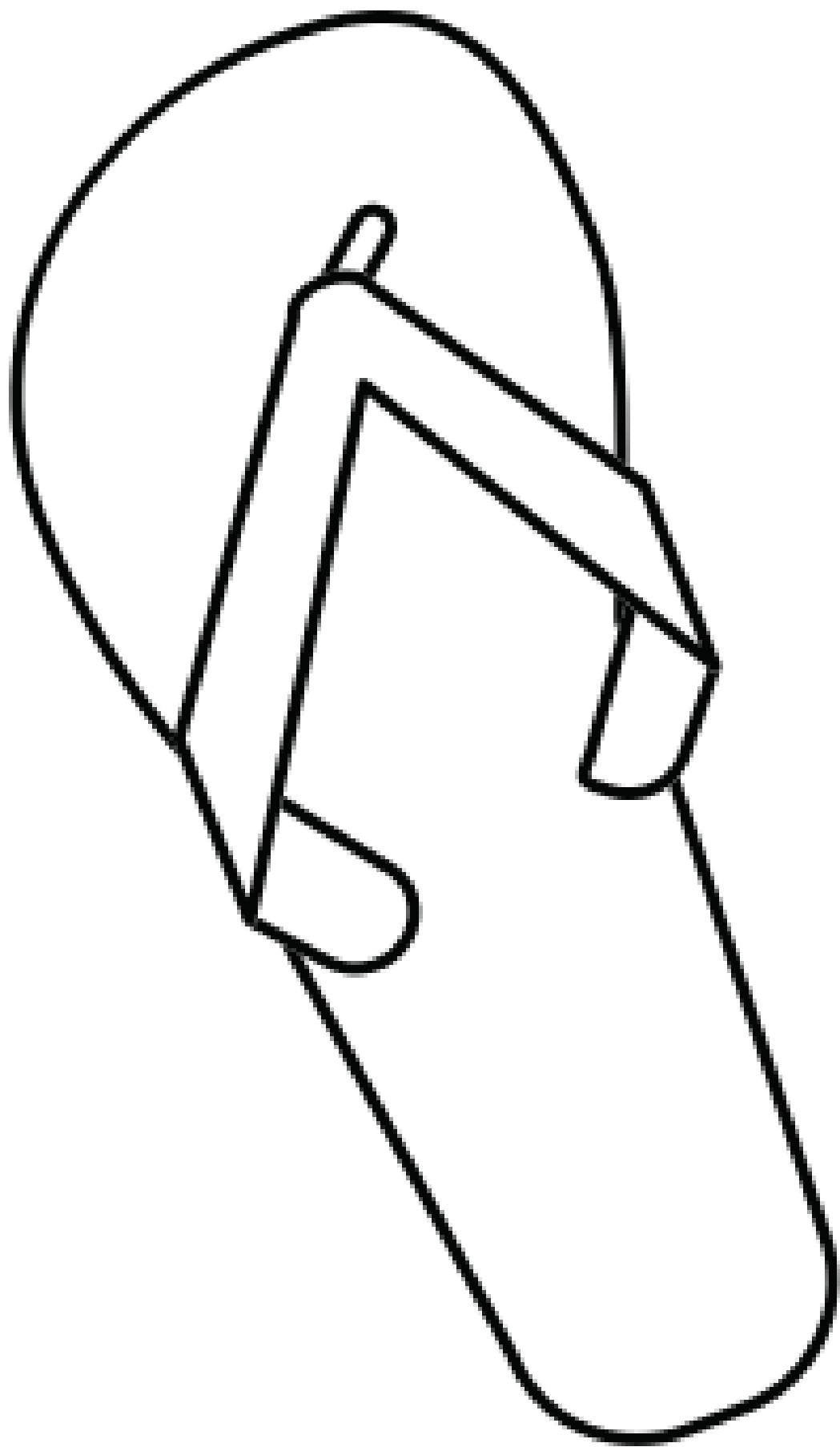
PHARISEE AND THE TAX COLLECTOR CUPS

What you will need:

- Paper cups
- White paper/card
- Brown wool
- Black sharpie pen
- Glue
- Scissors
- Optional: fabric

How to make:

1. Turn the cup upside down so the mouth of the cup is now the base.
2. Using white paper or card make two arms with hands and cut them out.
3. 3. Take a strip of the white paper/card about 2.5cm wide. This is for the face.
4. . Colour it in and wrap it around and stick it to the bottom of the cup that's now the top (as its upside down).
5. Taking short strands of wool stick them on the top of the cup to look like hair.
6. To add a head scarf, drape some of the paper over the wool and fray the end with scissors or use some fabric if it's available.
7. Stick on the arms behind the head scarf.
8. Lastly, draw on a face.



BLESSED ARE THE POOR IN SPIRIT

WORDSEARCH

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

DISTANCE

EXALT

FAST

HEAVEN

HUMBLE

PHARISEE

PRAYED

RIGHTEOUSNESS

SINNER

TAX COLLECTOR

TEMPLE

TENTH

SESSION THREE

BLESSED ARE THOSE WHO MOURN



THE BIG IDEA

Sin has spoiled God's perfect world. This makes us sad, but Jesus is the answer.



THE WORD

Matthew 5v4

John 11v1-44



INTRODUCTION

Tim loved his paddling pool. He loved to fill it up on hot, sunny days and splash around in it. He loved to jump in and out, and even splashed his sister sometimes! One day, Tim woke up and saw that the sun was shining. He was so excited and jumped out of bed. He quickly put on his swimming trunks, had some breakfast, and ran outside to jump into the pool. When he got outside, his smile quickly disappeared. The day before, his pool had been filled up with water, but this morning the water had spilled out all over the grass. The day before, Tim hadn't noticed one of the thorny rosebushes scrape the side of the pool and make a hole. Now the pool was empty and when he tried to fill it up, the water just spilled out again. Tim's paddling pool was broken. It wasn't the way that it should be.

(You may choose to replace this story with one from your own life or something particularly relevant to the children and young people that you work with.)

- How do you think Tim felt when his pool was broken?
- Have any of your favourite things ever been broken? How did you feel?

'Blessed are those who mourn, for they shall be comforted.'

The word 'mourn' means to be sad, and we usually use this word to describe how we feel when someone dies. This is a hard Beatitude to understand, because 'blessed' means happy and 'mourn' means sad.

ACTIVITIES

COOKERY

Lazarus Cupcakes

Lazarus Hot Dog Puffs

Puff Pastry Lazarus

CRAFT

Lazarus Craft

ACTIVITY

Wordsearch

THE TALK

In the book of John, in the Bible, we read about Jesus' good friends Mary, her sister Martha and their brother Lazarus. Jesus loved Mary, Martha and Lazarus just like you love your closest friends.

One day, Mary and Martha sent a message to Jesus to tell him that Lazarus was very sick. When Jesus heard the news, He said something strange. He said that Lazarus' sickness would not end in death, but it would help everyone to see how great God is! What an unusual thing to say!

Jesus didn't go to see Lazarus straight away but waited for two days before setting off. Before they set off, Jesus told His disciples the sad news that Lazarus had died. When Jesus got to Bethany, where Lazarus and his sisters lived, Lazarus had been dead for 4 days. When Martha heard that Jesus was coming, she went out to meet Him, but Mary stayed at home.

Martha said to Jesus, "Lord, if you had been here, my brother would not have died." Jesus told her that her brother would live again. She thought that Jesus meant that Lazarus would live again in heaven. Jesus replied, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live." Jesus was explaining that everyone who believes in Him can have life that lasts forever. Martha believed what Jesus said and knew that He is God's son.

She called her sister Mary to come and see Jesus. Mary ran to see Jesus and fell at His feet. She cried and said, "Lord, if you had been here, my brother would not have died." When He saw Mary crying, Jesus was very

sad. When Jesus saw what sin had done to God's perfect world, it made Him sad and asked the people to show Him where Lazarus' body had been buried. Then Jesus cried.

Lazarus had been buried in a cave and a stone had been rolled across the entrance. Jesus asked for the stone to be rolled away but Martha said it wouldn't be a good idea because Lazarus had been dead for four days. Jesus just asked them to trust Him. Jesus talked to God, His father, and then shouted. "Lazarus, come out!" The people would have been shocked and very surprised to hear Him shout this, as Lazarus had died.

There was a bigger surprise to come – Lazarus walked out of the cave, wrapped in the cloths that he had been buried in. Lazarus had died but now Lazarus was alive again!

Some people ask questions about why Jesus cried. Why would Jesus cry if He knew that a short time later, He would raise Lazarus from the dead? Jesus cried because He knew that things weren't as they should be.

When God made the world, it was perfect. There was no sin, no sickness, no sadness and no death. When Adam and Eve disobeyed God in the garden of Eden, God's world was spoiled and broken by sin. Sin is the wrong things that we think, say and do that break God's laws. We all go our own way instead of going God's way. We hurt each other with what we say and what we do. Our world is broken – there is sadness, there is sickness and people die. None of these things were part of God's design for His perfect world. Things aren't the way they should be

APPLICATION

When we see what sin has done to God's perfect world, it can make us sad too.

- We feel sad when we disobey God and go our own way.
- We feel sad when our friends are unkind to us or leave us out.
- We feel sad when the people that we love are sick.
- We feel sad when people die.

All of these things happen because sin has spoiled God's perfect world. Things aren't the way they should be.

But there is good news! The Beatitude says that those who mourn shall be comforted. Who will comfort us? Jesus will! He is the answer!

Our sin keeps us away from God because He is perfect – but there is good news. God sent Jesus, His perfect Son, to earth, to die on a cross to take the punishment for all our sin. Imagine your friend taking the punishment for something wrong that you did at school, even though they did nothing wrong. What Jesus did is so much greater!

We have already seen in our story that Jesus is even stronger than death, and three days after He died, Jesus rose from the dead and is alive today!

If you are sorry for the wrong things that you have thought and said and done, ask God to forgive you, He will, all because of what Jesus has done. You can be friends with God and some day, when your life on earth is over, you can live with Him forever in Heaven. What amazing news!

When we disobey God and it makes us sad – Jesus will forgive us.

When sad things happen, He will comfort us and He has promised that He will always be with us. When we see how sin has spoiled God's perfect world, we can remember that one day, Jesus has promised that He will come back again and make all things new.

There will be no more sadness, no more sickness and no more death.

Jesus is the answer!

SESSION THREE

ACTIVITIES



LAZARUS CUPCAKES

What you will need:

- Cupcakes
- Edible eyes
- Vanilla frosting icing
- Piping bags
- or
- Fondant icing
- Rolling pin
- Pizza cutter

How to make:

1. You can either use shop bought cupcakes or make your own (personal preference) and divide them out among the children.
2. If using a block of fondant icing, roll the icing out flat (use icing sugar to stop it

sticking to your surface. Once it's nice and flat about 2mm thick, using a pizza cutter cut into thin strips (to look like bandages).

3. Place the icing in a criss-cross pattern across the top and bottom of the cupcake to make it look wrapped up, leaving a small gap at the top.

OR

4. If using frosting, put the frosting in a piping bag and carefully make diagonal lines in a criss-cross pattern across the top and bottom of the cupcake to make it look wrapped up, again leaving a small gap at the top.
5. Lastly, using edible eyes, place 2 in the gap left in step 3 & 4 to look like Lazarus' eyes.



LAZARUS HOT DOG PUFFS

What you will need:

- Puff Pastry
- Edible eyes
- Rolling pin
- Pizza cutter
- Sausages / Sausage meat

How to make:

1. Roll out puff pastry as per instructions on the packet.
2. Cut the puff pastry into rectangles. Cut each piece of puff pastry into strips.
3. Taking a sausage or sausage meat, wrap the puff pastry around it to look like bandages. Apply these in a criss-cross pattern diagonally around the sausage.
4. Place on a tray with greaseproof paper and put them in the oven to bake (use cooking instructions on packet).
5. Once cooled, using edible eyes, place 2 in a gap of the criss-crosses to look like Lazarus' eyes.



PUFF PASTRY LAZARUS

What you will need:

- Puff Pastry
- Edible eyes
- Rolling pin
- Pizza cutter
- Biscoff / Chocolate / Nutella Spread

How to make:

1. Roll out puff pastry as per instructions on the packet.

2. Cut the puff pastry into rectangles. Taking 2, on the first spread on the preferred chocolate spread.
3. Cut the second piece of puff pastry into strips. Apply these in a criss-cross pattern diagonally over the piece of puff pastry with the spread. Leaving a gap near the top.
4. Place on a tray with greaseproof paper and put them in the oven to bake (use cooking instructions on packet).
5. Once cooled, using edible eyes, place 2 in the gap left in step 3 to look like Lazarus' eyes



LAZARUS CRAFT

What you will need:

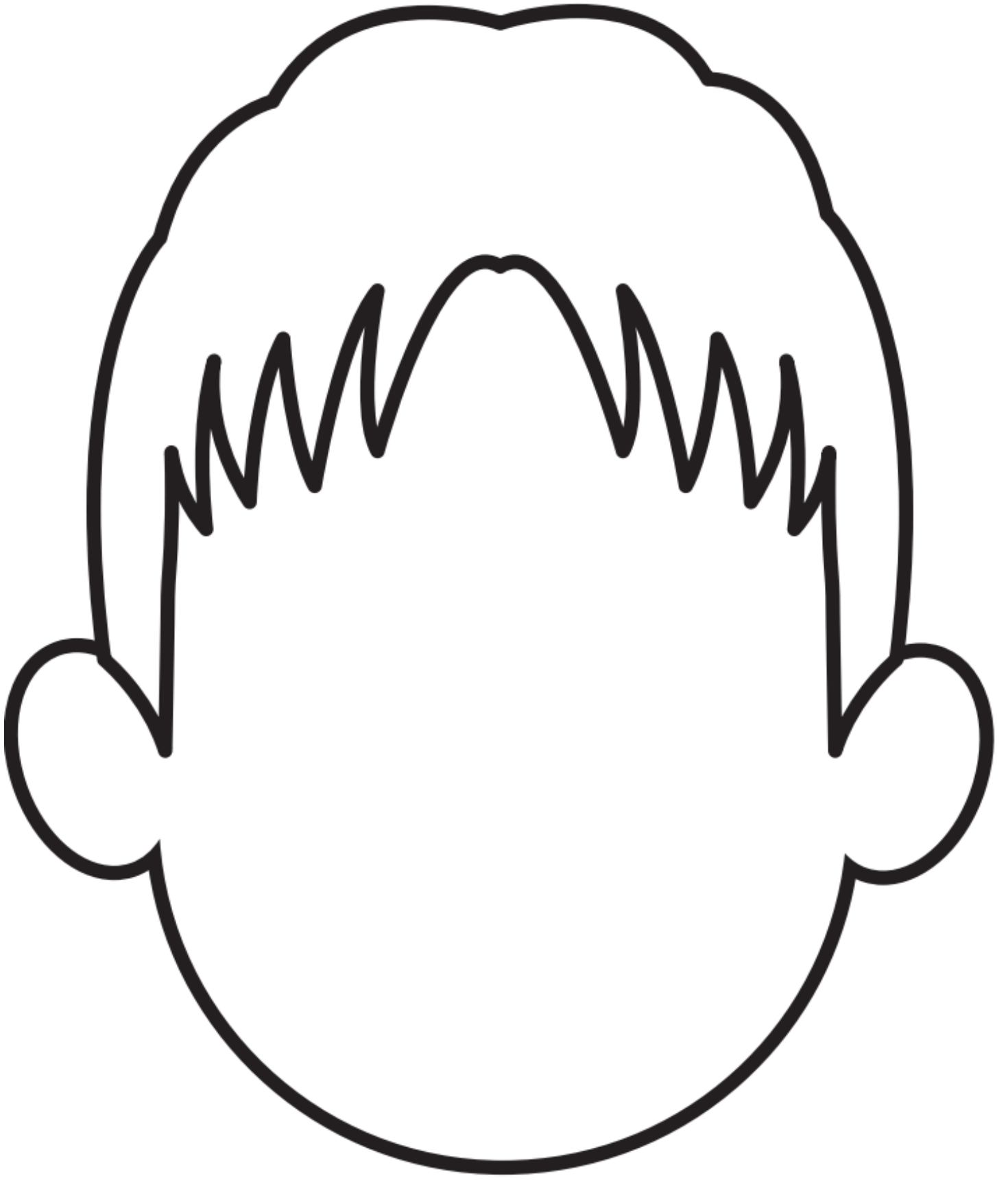
- Paper plate
- Lazarus template
- Colouring pencils
- Scissors
- Glue
- Masking tape

Alternatively, if you had the supplies, you could use wool or a cream/white fabric.

How to make:

1. Get the children to colour in the template of Lazarus' face (page 21)
2. Next, cut around Lazarus' face and stick it onto the inside on the paper plate.

3. Then, using masking tape cut strips long enough to fit across the paper plate from one side to the other diagonally.
4. Place the strips across the plate diagonally at the top and bottom, to look like they're wrapping him up. Leaving space for his eyes to look out.



BLESSED ARE THOSE WHO MOURN

WORDSEARCH

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

WEPT

MARTHA

BROTHER

DEAD

MARY

TOMB

JESUS

COMFORT

JEWS

CLOTH

BELIEVE

BETHANY

MOURN

CAVE

LAZURUS

SESSION FOUR

BLESSED ARE THE MEEK



THE BIG IDEA

Being meek means choosing to listen to God and do what He says.



THE WORD

Matthew 5v5

Philippians 2v5-11



INTRODUCTION

Does anyone want to have a guess at what the word 'meek' means? Talk to the people beside you for a minute and see what you can come up with.

ACTIVITIES

CRAFT

The Beatitude Collage

GAME

The Beatitude Cup Game

THE TALK

In Matthew 5v5, Jesus says, "Blessed are the meek, for they shall inherit the earth." If you type the word 'meek' into google, here is the definition you will get – to be meek is to be "quiet or gentle." I don't know about you, but when I read that, I kind of think to myself, "it sounds like to be meek means to be a weakling or a pushover." And if that's the case, who on earth would want to be meek?

'Weakness' isn't really what we should have in mind when we think about being meek though. I love how 'meekness' is defined in a blog on Christianity.com – the writer says, "a weak person can't do anything. A meek person, on the other hand, can do something but chooses not to." I think this is a way better definition of what it means to be meek. It doesn't mean becoming weak and useless. It means choosing to listen to and submit to someone – and the person the Bible calls us to listen to and submit to is of course Jesus. As we think about that, let's talk about tigers for a moment.

Ask - Does anyone know any facts about tigers?

- Tigers are the largest wild cats in the world. As adults they can weigh up to 363kg (that's about the same as 10 ten year olds!) and measure up to 3.3m!
- Tigers are good swimmers! Unlike most members of the cat family, they like water and often cool off in pools or streams.
- A tiger's roar can be heard as far as 3km away.
- At full speed, tigers can reach up to 65km an hour.

- No two tigers have the same stripes.

Tigers are pretty cool animals, and they are incredibly strong and fierce. When it comes to the food chain, tigers are pretty high up there. They are so powerful and are natural predators – anyone would consider it dangerous to be around them. Yet, you can visit some zoos or big cat sanctuaries around the world and you'll be able to see people walking into the tiger enclosures to feed them, look after them and even play with them. These are people who have built up a relationship with the tigers since they were born and who have a certain amount of authority over them, a little bit like our parents have authority over us. In an instant, those tigers could turn on their owners, but the tigers have learnt to submit to them and listen to what they say. They're not weak animals – they are still really powerful – but they are choosing to do what they are told and control themselves. This is a good picture for us to have in our heads when we think about what the bible means by meekness. Biblical meekness is all about listening to and submitting to God, the one who is in control and in charge.

This isn't easy for us, because sin causes us to want to be in control ourselves. We don't really like having to listen to others. We like to do things our way. Being meek is difficult for us, but as always, Jesus gives us the perfect example to follow. If we want to see what a meek person looks like, then we don't have to look any further than Jesus himself. Jesus was full of power and yet he chose to listen to and obey God the Father. We see that towards the end of His life and ministry on earth. When it came to the time when Jesus would die on

the cross, He perfectly and willingly submitted to the will of His Father because He knew that it was all part of God's great rescue plan. He demonstrated meekness to the very end. Look at what 1 Peter tells us. 1 Peter 2v23 "When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly."

Jesus had this incredible confidence and trust in the Father. He knew that his moments of suffering and pain were not pointless. He willingly submitted to the Father and became a servant because He knew it would lead to the victory over sin and death and therefore would give us a way to be saved from sin and welcomed into the family of God. This is what Philippians tells us in chapter 2v5-11

"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found

in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

Jesus, in His meekness, went to the cross and took our place – then, because He did what the Father asked Him to, He was given the place of highest honour where He now rules and reigns. That is why we can be sure of the promise that follows "Blessed are the meek" – that they will inherit the earth. Jesus is the King of Kings and the name above all names, so when we trust in Him and submit to Him, we can be sure that one day all that is His will also be ours as we enjoy living with God forever. How can we have a happy, joyful and meaningful life? By being meek – listening to God and doing what He says, because He is good and everything He asks us to do is for our good.

APPLICATION

If being meek means listening to what God says and then doing it, then what can we do this week to help us do that?

What might stop us from being meek and listening to God? What can get in the way?

SESSION FOUR

ACTIVITIES

THE BEATITUDE COLLAGE

Aim of Activity: To facilitate creativity from each child and to enhance fine motor skills

Instructions

- Using Template 2 – photocopy one for each child (page 27)
- Coloured sheets of tissue paper/picture magazine
- PVA Glue
- Tear off small pieces of tissue paper/picture and crumple into small ball and stick onto the template
- Fill in all the letters of the template to complete.



THE BEATITUDE CUP GAME

The Beatitudes 1-5.

Materials

10 polystyrene cups for 1 team or 20 cups for 2 teams etc. Black marker.

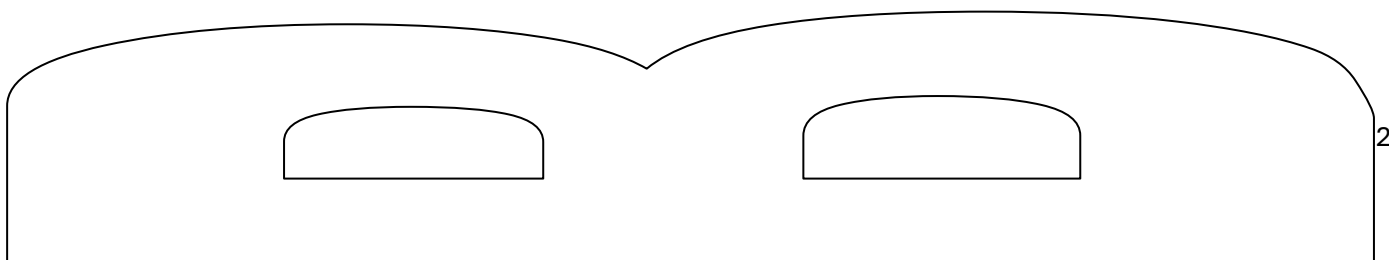
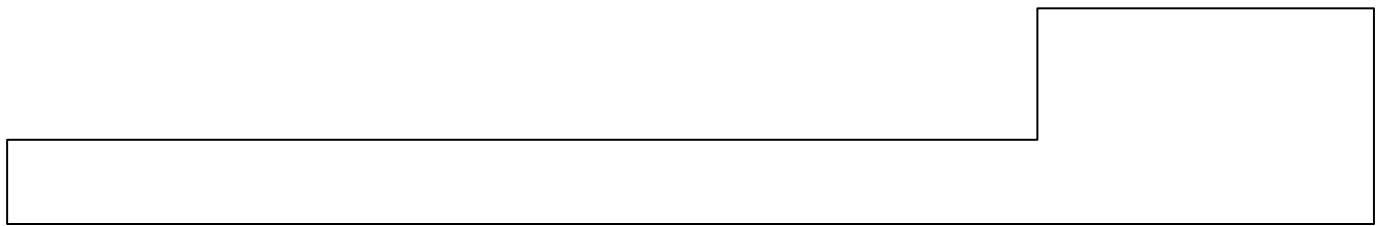
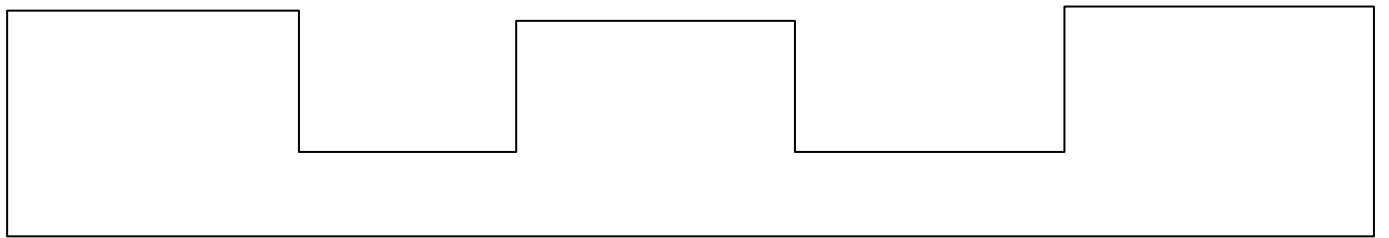
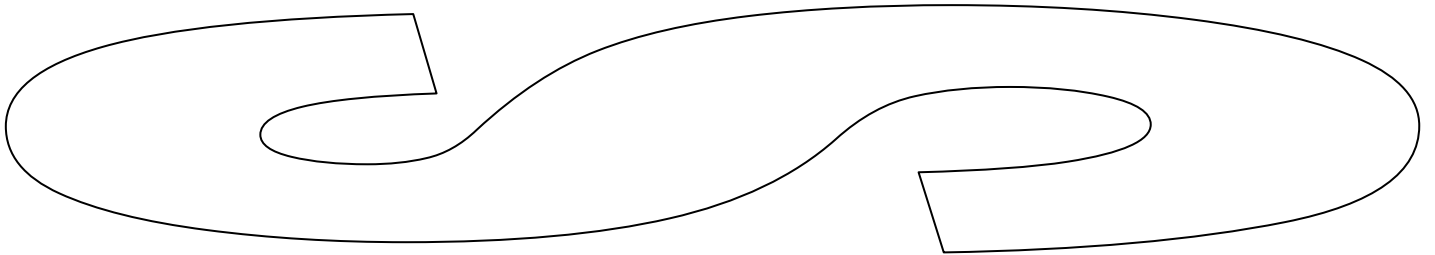
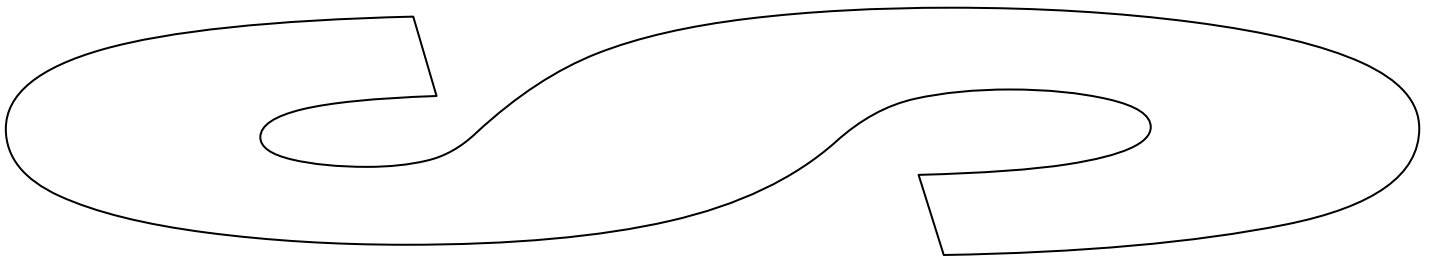
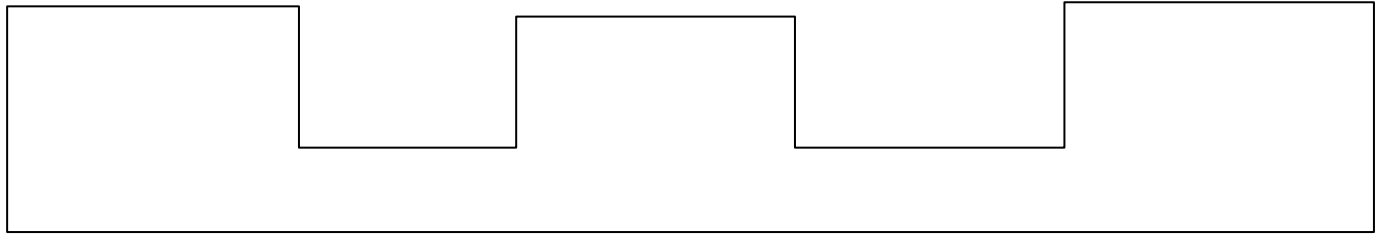
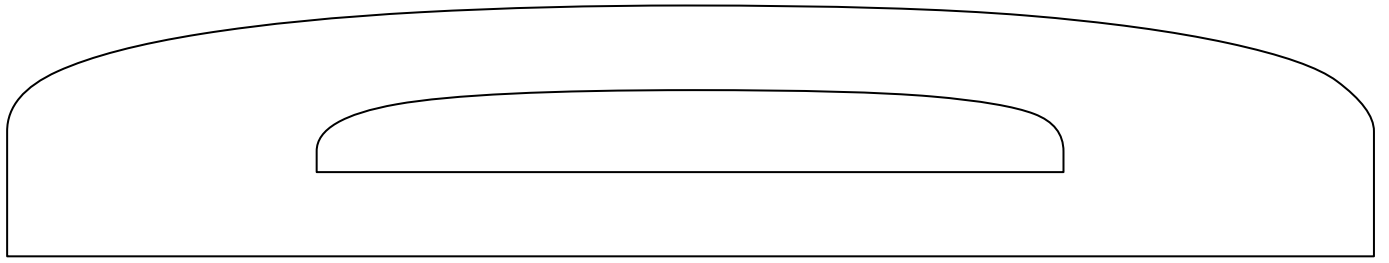
Preparation

Leader marks out the first half of the beatitude on the outer rim of each of the 5 cups, ie Blessed are the meek etc, On the other 5 cups the leader writes the remaining part of the beatitude, ie for they shall inherit the earth etc.

Object

Each team is given the 10 cups randomly and asked to stack two cups one on top of other to complete the beatitude correctly.

(This can be repeated and added to when all the beatitudes are completed).



SESSION FIVE

BLESSED ARE THOSE WHO HUNGER



THE BIG IDEA

In this lesson we will look at the beatitude that states, “*Blessed are those that hunger and thirst for righteousness for they shall be satisfied*”.

In this lesson we will learn what it means to hunger and thirst after something that isn't food or drink!



THE WORD

Matthew 5v6

Genesis 25v29-34

Luke 10v38-42

▶ INTRODUCTION

What does it mean to hunger and thirst after righteousness? It sounds complicated doesn't it, but it really isn't. It means to be interested and love the things that God loves. In the Bible, there are two examples of two brothers and two sisters who hungered for different things. In these stories, we will understand what it truly means to hunger and thirst for the right things and in the right way.

ACTIVITIES

GAME

The Food Game

Would you rather? – Food edition

DRAMA

Play it by Ear – Mary & Martha

THE TALK

When we hunger and thirst for something it simply means that we really pursue after something that we really need, just like we would if we were desperate for food or drink.

In the beatitudes Jesus tells us that people that hunger and thirst after righteousness shall be filled. That's an amazing promise, we just need to find what righteousness means before we get happy about it! So what is righteousness?

Righteousness basically means doing what is right. The key difference however, is that God wants us to do what is right in HIS eyes. We understand what is right in His eyes by finding out what the Bible says. And this is a decision that we face every day! Whichever choice we make will end up in us feeling either filled or empty.

In the Bible there are two examples of two siblings that make very different choices. The first is the story of Jacob and Esau, this story can be found in the book of Genesis. In the Bible days the first-born son received a very important blessing from their father which was called the "BIRTH RIGHT". The birth right was made up of many physical blessings as well as spiritual blessing from God. One day Esau comes in from hunting and he is very hungry. Esau said to Jacob, "Please give me some of your food". Esau was physically starving, but Jacob knew that there was a special blessing from the Lord that he would not have because of the fact that he was born second. Jacob then said to Esau, "If you give me your "BIRTHRIGHT", then you can have some food. Foolishly Esau agreed. Esau hungered and thirsted after the wrong things and as a result later in the story Esau missed out on the full blessings of God because of his decision not to

value and chase after the righteousness of God! He was more interested in natural food! Another story about two sisters is brought to our attention in the book of John, Mary and Martha. These two sisters were friends of Jesus and He would go and visit them in a place called Bethany. One day Martha became very unhappy, as it came to her attention that Mary wasn't in the kitchen helping her. Jesus had come to see the family, and as was the custom the ladies would come together and prepare food for their guests. Martha became frustrated at Mary as she wasn't helping. Mary just sat at the feet of Jesus and listened to what He had to say. Martha couldn't stand it anymore and blurted out, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me."

To her surprise Jesus told her that He knew that she was worried about many things but that in this case Mary was doing the right thing. He said that by Mary listening to His words that she had chosen the better portion. Martha was running around trying to prepare and serve portions of food, however her sister understood that what was coming out of Jesus' mouth was a spiritual food called righteousness, and that if she listened to His word and obeyed His words then she would be filled. In both of these examples, we see two individuals who do not understand what it is to hunger after righteousness and therefore miss what God has for them. We also then have two individuals that understand the importance of God's righteousness and so then make practical decisions to pursue what God has for them. Both Mary and Jacob end up truly blessed of God. So what does this have to do with our lives?

APPLICATION

In our lives every single day we will have decisions to make, however, God doesn't leave us alone to make these decisions. Because He loves us He leaves with us His Word, which is called the Bible. The word of God is like a lamp that enables us to make the right choices.

1 Corinthians 1v30 says:

"And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption"

We do what is right by following Jesus. We are righteous when we follow Jesus, His word and what He says, and the result of living this ways is that we will be satisfied.

Let's make sure that we seek the righteousness of God first in our lives and everything else that we need, God will provide.

Matthew 6v33

But seek first the kingdom of God and His righteousness, and all these things will be added to you.

SESSION FIVE

ACTIVITIES



THE FOOD GAME

Everyone stands to start, Leader to decide if you are going to say breakfast or lunch items.

- Ask who didn't eat breakfast/lunch, if any child says yes, they sit down.
- Choose random foods and any child who has ate them will sit down.
- Ask if anyone had cardboard to sit down, when no one sits down ask why?
- Keep playing the game and ask about another object they have eaten, again ask why no one has sat down and allow the children to answer.

Explain to the children that we want to eat good foods to fuel our body just like we need scripture to feed us spiritually.



WOULD YOU RATHER? (FOOD EDITION)

Ask the young people what food they would rather have?

On the 1st option, they stand up and the 2nd option, they stay seated.

For example,

- Pepsi or Coke
- Crisps or Chocolate
- Sweet or Savory
- Peas or Carrots
- Gravy or Curry

Please feel free to make up your own options to keep the game going.

SESSION FIVE

MARY AND MARTHA INTERACTIVE STORY



This script was written for BBNI by local Christian drama company, Play It By Ear. To find out more about them or to book a drama workshop, visit www.playitbyear.com

The Juniors stand in a line on stage while a narrator stands to the side and tells the story. The children will do all the parts in bold type with appropriate actions. If you wanted to add another layer to it, you could split the children so that half play Mary and the other half play Martha.

A long time ago, there were two sisters...Mary and Martha. Now Martha loved to keep busy...she would sweep (**swish swish**) and she would bake (**stir stir**), she would cook (**chop chop**) and she would clean (**wipe wipe**).

But Mary was very different, she preferred to look (**point finger at their eyes**) and listen (**point finger at their ears**) and learn (**hold finger up and say 'aha' as if she's just learned something**). She would look (**eyes**) and see a cat (**meow**), she would listen (**ears**) and hear a bird (**tweet tweet**) and she would learn that sometimes cats liked to pounce on birds (**Aha**).

Now one day, Martha had decided to do a very kind thing, she had invited Jesus to come to their house which meant she had to get ready...she started to sweep (**swish swish**) and she started to bake (**stir stir**), she started to cook (**chop chop**) and she started to clean (**wipe wipe**)...But while she was doing this, Mary was looking (**eyes**) and listening (**ears**) and learning (**aha**)...she would look (**eyes**) and see the post man (**special delivery!**), she would listen (**ears**) and hear a dog (**woof woof**) and she would learn that the post man was afraid of the dog (**Aha**).

But then Martha would see Mary doing nothing, so she folded her arms (**fold arms**), put on a fierce glare (**glare**) and got very, very annoyed (**humpf**), but instead of saying anything, she just got back to her work sweeping (**swish swish**) and baking (**stir stir**), cooking (**chop chop**) and cleaning (**wipe wipe**)

And that's how things went, Mary looking (**eyes**), listening (**ears**) and learning (**Aha!**), Martha getting more and more annoyed (**Arms folded, glaring and 'humpf'**)

But then Jesus arrived and the sisters welcomed him (**'come in, come in'**). Jesus sat down and Mary sat with him but Martha could not sit still, she dashed this way (**children dash one way**) and she dashed that way (**children dash the other way**), she swept faster than ever before (**swish swish**), she baked as quickly as she could (**stir stir**), she cooked in a hurry (**chop chop**) and she cleaned like lightning (**wipe wipe**) all the while getting more annoyed (**humpf**) as Mary just looked (**eyes**) and listened (**ears**) and learned from Jesus (**aha**) but still Martha didn't say anything, she just kept on going...

...she went sweeping (**swish swish**), baking (**stir stir**), cooking (**chop chop**), cleaning (**wipe wipe**)..., sweeping (**swish swish**), baking (**stir stir**), cooking (**chop chop**), cleaning (**wipe wipe**)... and getting more and more annoyed (**humpf**) until eventually she had had enough! '**I've had enough**' she said to Jesus, 'I've been working so hard (**I've been working so hard**) and Mary's been sitting doing nothing (**and Mary's been sitting doing nothing**), it's not fair (**it's not fair**)'

Jesus turned to her and said 'Martha, you are worried about all these things but they are not important...Mary has been looking and listening and learning from me and that is the best thing to do'.

SESSION SIX

BLESSED ARE THE MERCIFUL



THE BIG IDEA

Every single one of us has done something wrong. When we do something wrong in school we get punished in some way. When people do things that are really bad they may go to jail. But sometimes a person gets let off with something, this is called Mercy. David showed mercy to the family of his enemy. And he knew God would show him mercy after all the wrong things he had done. We will expect Jesus to show us mercy, so we should be merciful to others.



THE WORD

2 Samuel 9v1-13



INTRODUCTION

Begin the talk with an activity, ask the children what they think the appropriate punishment should be for the following scenarios.

- Your brother or sister ate all of your birthday cake and tried to blame the dog!
- Another child in your class ripped up your amazing drawing that was so good the teacher was going to show the whole school.
- Someone steals an entire row of sweets from the corner shop.

Hopefully the suggested punishments are sensible, try to guide them towards what a reasonable punishment might be for all of those things.

Ask the children if they would expect to receive the same punishment if they were caught doing those things. Reassure them you don't believe any of them would do those things anyway!

ACTIVITIES

GAME 

Memory Game

GAME 

Mercy Tag

THE TALK

Do any of you know what mercy means? (*See if anyone knows the answer*). Mercy is when you let someone off with something even if they might deserve a punishment. For example, if a poor person stole food from a rich person, the rich person might not want them to go to jail, even though they stole the food.

Mercy is really important in the Bible. Jesus said, 'Blessed are the merciful for they shall receive mercy'. You see we have all done things that are wrong and if we want eternal life in Heaven with Jesus we will have to receive mercy from God. If we expect to receive mercy from God then we should also show that to others. So, let's have a look at when this happens in the Bible.

Have any of you heard of someone in the Bible called David? (*Wait and see if there are any answers*). If you have heard anything about David then it's probably about his epic fight with the giant Goliath when he won by using just a stone and slingshot! Goliath was David's most famous enemy but he had another powerful enemy, king Saul

Saul was a good king for a while but soon he abandoned God and became a bad king. Does anyone know who will be our next king after Charles? It will be William, because he is Charles' oldest son. The odd thing is that God picked David to become the next king, not Saul's son! Saul was afraid that David would try to take the throne from him and he tried to kill David many times! One day David was singing for king Saul, David wrote some amazing songs, we have some of them in the Bible actually. While David was singing Saul

threw a spear at him, but thankfully, David dodged it! David didn't want to harm Saul but he did have to defend himself. Eventually Saul died, he died in a war with another kingdom, and David became the king. Saul's sons didn't want David to be king though, they thought one of them should be!

Some people wanted someone from Saul's family to be king, probably because they thought they'd be given really important jobs, like being in charge of the army, or being in charge of the money, or just being so important you'd be invited to all the king's parties! There were always people plotting against David. It would have been really easy for David to send his supporters to kill Saul's family, then nobody from Saul's family could ever be king again! Then nobody would try to take David's place as king.

David sent his servant out to find anyone left from Saul's family, anyone who had survived the wars and battles that were happening. Eventually the servant came back with an old woman who was looking after a boy called Mephibosheth. That is a weird name isn't it? Shall we try to say it? Me-phibo-sheth.

Mephibosheth was Saul's only surviving grandson, and he had a lame leg. It was fair to say he would never stand a chance in a fight against David, remember David had defeated the giant Goliath, and survived all of Saul's attempts to kill him.

So David invited Mephibosheth into his palace and what do we think he did? (*Wait and see if there are any answers*). He asked

him to sit at the dinner table! David told Mephibosheth that he would always be welcome at his table, just like someone from his own family. Mephibosheth would get to join all the king's parties but he would also be kept safe.

David showed mercy to Mephibosheth, even though his family had tried to kill David, and even though some people wanted to make Mephibosheth the king. David trusted God, he knew that God would show him mercy for all the wrong things he did, because even king David wasn't perfect, and so he decided to show mercy to Mephibosheth.

David's best friend when he was younger was a man called Jonathon. Jonathon was Saul's son, if things worked normally Jonathon might have been king instead of David, but he actually wanted David to be king. Maybe David remembered that not everyone in Saul's family was as mad as Saul.

David showed mercy to Mephibosheth when everyone expected him not to, his friends probably wanted him to take revenge on Mephibosheth so it was probably hard for David to show mercy, but he did because it was the right thing to do, and what God would want him to do

I wonder if anyone here has done something wrong, that probably deserved to be punished, but was let off. A lot of you can probably think of something, but I can think of something for everyone. Jesus died on the cross for us so that we wouldn't be punished for our sins. He has shown all of us mercy, even when we might deserve to be punished. So, I want you to remember 2 things. It is good to show mercy to people who do wrong things to us because that is what David did and what Jesus wants us to do, and, remember we will be shown mercy because none of us, not even me or your leaders can say we are perfect. Jesus will show us mercy and forgive our sins, so we should try to be like Him and forgive other people too.

APPLICATION

Ask the children to write down something they have done wrong. Tell them there is no need to share this with anyone, it is private! As a leader you should do this too.

Tell them you are going to ask for forgiveness for what you have written down and tell the group they can do that as well. Pray for forgiveness and after you have done so, rip up the paper and throw it in the bin. Encourage the children and young people to do the same.

Tell them that God forgives everything when we ask Him to. Challenge the children and young people to continue to ask for forgiveness when they do something wrong.

Tell them they also have to forgive others, challenge them to show mercy to people who have wronged them.

SESSION SIX

ACTIVITIES



MEMORY GAME

Aim of Activity: In the Bible story, David remembered his friendship with Jonathan and showed Mephibosheth mercy because of it. This activity requires the children to remember what has been said by those preceding them.

OPTION 1: Simpler version

- First child starts activity by saying, "I sat at the dinner table and I ate ... [insert either a food beginning with A]".
- Next child says, "I sat at the dinner table and I ate [insert item first child said] and [and something beginning with B]
- Repeat until all children have had a go

OPTION 2: More Difficult version

- First child starts activity by saying, "I sat at the dinner table and I ate ...".
- Next child says, "I sat at the dinner table and I ate [insert name of item first child said] and [name another]

Repeat until all children have had a go.



MERCY TAG

In this version of Tag:

- Appoint two children to be 'It' – one should be named 'Mean' and the other 'Mercy'. (You can distinguish between them, for instance, using different coloured bibs.)
- Children run around the space available.
- If tagged by 'Mean' they should freeze.
- 'Mercy' can release those who have been frozen.
- Run the game for 2 minutes and they count up how many are frozen to determine whether 'Mean' or 'Mercy' have won the game.
- Repeat for as long as you wish.

SESSION SEVEN

BLESSED ARE THE PURE IN HEART



THE BIG IDEA

During the sermon on the mount in the book of Matthew, Jesus tells us what it means to be a child of God and how we should behave. In Matthew 5 v8 God tells us if we are His children then we should be Pure in Heart to be able to see the Kingdom of God.



THE WORD

Genesis 37v12-38

Genesis 40



INTRODUCTION

Gather the children together and tell them we are going to hear about someone in the Bible who had lots of things happen to him that could have caused him to get really angry.

Ask: Have you ever been really angry at someone for something that they did to you or someone you care about? What did you do?

In today's story Joseph's brothers sold him as a slave but Joseph didn't get angry instead he chose to stay pure in heart and stay focused on God's plan for his life. Then later on in the story Joseph was in prison for something he didn't do and he helped a butler out by telling him what his dream meant. The butler was released from prison and promised he would remember Joseph and tell Pharaoh about him. But when he got out, he forgot all about Joseph. Instead of getting angry, Joseph stayed true to remembering God had a plan for his life.

Ask: Has someone ever promised to do something with you or for you and then not done it? How did you feel?

ACTIVITIES

GAME 

Butler Race

COOKERY 

Make a Heart Biscuit

THE TALK

I want you all to close your eyes and think of a really cold day in the middle of winter. You wake up and it has been snowing. Imagine you are the first person to wake up in your house and go outside. You see the snow all over your garden and because no one else has been out, it's pure snow. Everywhere you look is white, soft snow.

People call this pure snow because that's what it is. It is snow, just as it was made to be: soft, white and cold. But then what happens, as you take that first step out of your back door onto the grass you start to leave footprints. The snow is still white but now it has marks on it, then the more you run around and play with it, it becomes hard and crunchy. If it gets dirty it might become grey in colour. It doesn't look as good as it did when it first fell.

The Beatitude we are learning about today talks about how we are to be pure in heart.

Ask: Does anyone know what the word pure means?

The dictionary explains the word pure as: "Free from anything of a different, inferior, or contaminating"

So as Christians how can we be pure in heart by making sure we keep our hearts pure? Well it simply means that we don't allow things like anger or worries or disliking people to make our hearts sad or contaminate them by making them have anger towards other people. Instead we should keep the things like love, joy and patience that God

wants us to have in our hearts, and when other things try to stop us thinking about other people how God wants us to we need to ask him to help us keep our hearts pure.

Split into two groups and give each group one of the passages to read;

Group 1 - Genesis 37v12-38 (Joseph Sold by his brothers)

Group 2 - Genesis 40 (Joseph interprets the dream but is forgotten)

Ask each group to identify the things that happened in the story that could have stopped Joseph of being pure in heart and what his response was and then discuss this.

Bring home the idea of being pure in heart by getting a blank page of white paper and some blu tac. Explain to the young people that when people make us angry or upset, if we don't forgive them then it's like they've put a small mark on our hearts. (This can be illustrated by setting blu tac dots onto the page). When this happens, our hearts are no longer pure so we must ask God to forgive them and help us to forgive them, when we do then these feelings don't stick and our hearts remain pure. (Lift up the page so the dots fall off, make sure you've stuck them on lightly). Repeat this but press the dots on firmly. But if we don't forgive these people then our hearts will slowly become impure (Lift up the page again to show the dots don't fall off) and we will stay angry with those people which isn't good for us as Christians.

APPLICATION

How can we be more like Joseph in our life when things don't go the way we want? If someone doesn't keep their promise how can we react as God's children to still show them his love?

Challenge the children that next time they get angry to try counting to 10 instead of getting angry.

Ask them, how can they be kinder to those around them and be more like Jesus to them and helping them see God through them? Write some of the ideas down.

Encourage the children to try and be more like Joseph this week and when people don't keep their promises or are nasty to them that they should be kind to them instead of getting angry.

SESSION SEVEN

ACTIVITIES



BUTLER RACE

Aim: Children to complete race acting as a butler.

Instructions:

- Using plastic trays and cups the children will race with their tray to gather cups and place them onto their tray.
- The children can attempt to run with as many cups as possible before falling off or collect a certain amount.



MAKE A HEART BISCUIT

Aim of Activity Make a heart biscuit

Ingredients

125g butter

55 g caster sugar (need some extra to sprinkle over biscuit after)

180g plain flour

Instructions

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth dough. Turn onto a work surface and gently roll out until the dough is 1cm to ½inch thick.
4. Cut into hearts, fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
5. Bake in the oven for 10-15 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

SESSION EIGHT

BLESSED ARE THE PEACEMAKERS



THE BIG IDEA

Jesus is the perfect peacemaker.



THE WORD

Matthew 5v9

Genesis 13v1-18



INTRODUCTION

Ask the children and young people to tell you what they think of when they hear the word 'peace'.

Discuss what they think a peacemaker might be.

Split the children and young people into small groups and give each a scenario. Ask them to act out the scenario to the group and to explain how a peacemaker would react in that situation. Some sample scenarios could be:

- Someone is being left out by their friends and they are laughing at them.
- A boy and his brother are arguing over which movie they should watch.
- A group of children are lined up in school and someone pushes in instead of going to the end of the line.

You can also add scenarios suggested by the group.

ACTIVITIES

CRAFT 

Peacemaker Bookmark

ACTIVITY 

Circle Time

GAME 

Peacemaker & Peacebreaker sorting

THE TALK

In Genesis, the first book of the Bible, we read the story of Abram (later God changed his name to Abraham). God spoke to Abram and asked him to leave his home and to travel to a place that God would show him. Abraham obeyed God.

Abraham and his nephew Lot had many animals with them, and when they got to a place called Bethel, they found that there was not enough space for them to live there together. The men who looked after Abraham's animals started to argue with the men who looked after Lot's animals. (You may wish to ask members of the group to act out how this argument might have gone).

Abraham did not want any arguing to happen, because he and Lot were family, so he decided that they should separate and live in different places. He allowed Lot to choose the land that looked green and beautiful. Abraham then went in the opposite direction and chose a place called Hebron to live. There, God promised Abraham that his family would be so big that it couldn't be counted – just like the number of pieces of dust on the ground!

Abraham wanted to stop all the arguing – he was a peacemaker.

A peacemaker wants to avoid trouble if at all possible.

A peacemaker often puts the needs of others before their own.

A peacemaker wants the best for everyone.

A peacemaker doesn't want to argue or fight.

A peacemaker doesn't want to boast.

A peacemaker knows when to speak and when to stay silent.

In the Beatitudes, Jesus said, "Blessed are the peacemakers, for they shall be called sons of God."

This would have been confusing for the people who heard Jesus teach long ago. They were expecting God to send a King who would help them to defeat their enemies, the Romans and become a mighty nation. They weren't expecting God's King to be a peacemaker.

Jesus said that peacemakers will be called 'sons of God'. This is just another way of saying 'children of God.' That means that we can be part of God's own family! How amazing!

The problem is that we are not always peacemakers. It doesn't come naturally. We often feel angry or upset when we don't get our own way. We don't always look out for the needs of others and we often argue and fight. This is because God's perfect world is broken by sin – we go our own way instead of going God's way. We disobey God – this is called sin.

Sin keeps us away from God because He is perfect – but there is good news!

God sent Jesus, His perfect son, to die on a cross to take the punishment for our sin.

Three days later, Jesus rose from the dead and is alive today.

If you are sorry for all the ways that you disobey God, He will forgive you, because of what Jesus has done. You can be part of God's family and you can have life that will never end. How amazing.

APPLICATION

We often get things wrong and we aren't always peacemakers but Jesus is.

He is the perfect peacemaker.

He makes peace between us and God.

Have you trusted Him to forgive your sin?

Ask Him to help you be a peacemaker with the people that you meet this week.

SESSION EIGHT

ACTIVITIES



PEACEMAKER BOOKMARK

Aim: Create a bookmark

Instructions:

- Print on white card
- Precut or get children to cut
- Colour in Bookmark
- Template on page 48



CIRCLE TIME

Aim: For children to think about Peace making in their lives.

Instructions/Rules:

- Get children to sit in a circle. Hand an object to each child to be able to pass around the circle (bean bag).
- When the object lands on a child they will give an example of what peace is to them.
- Go around the group again and ask for example of what peace doesn't look like.
- Write on large page Peacemaker and Peacebreaker and write down the examples the children have given.



PEACEMAKER & PEACEBREAKER SORTING

Aim: Sort the Peacemaker and Peace breaker words into the correct category

Instructions/Rules:

- Using the large peacemaker and breaker templates, children can sort the word bank words into the correct place.
- The task could be completed as a reply race or children given a word each and as they sort it, the group can
- Discuss why it has been placed in the peacemaker or peacebreaker zone.



- Sort the words into Peacemaker or Peacebreaker

Help others

**Wait their
turn**

**Do not
listen**

Share

Hit and kick

**Listen to
their leader**

**Pretend
they can't**

**Tell the
truth**

**Don't follow
the rules**

**Say naughty
words**

**Use great
manners**

Are selfish

**Are mean
to others**

**Do what
they are
asked**

**Clean up
without
being asked**

Lie



Peace-makers are people who?



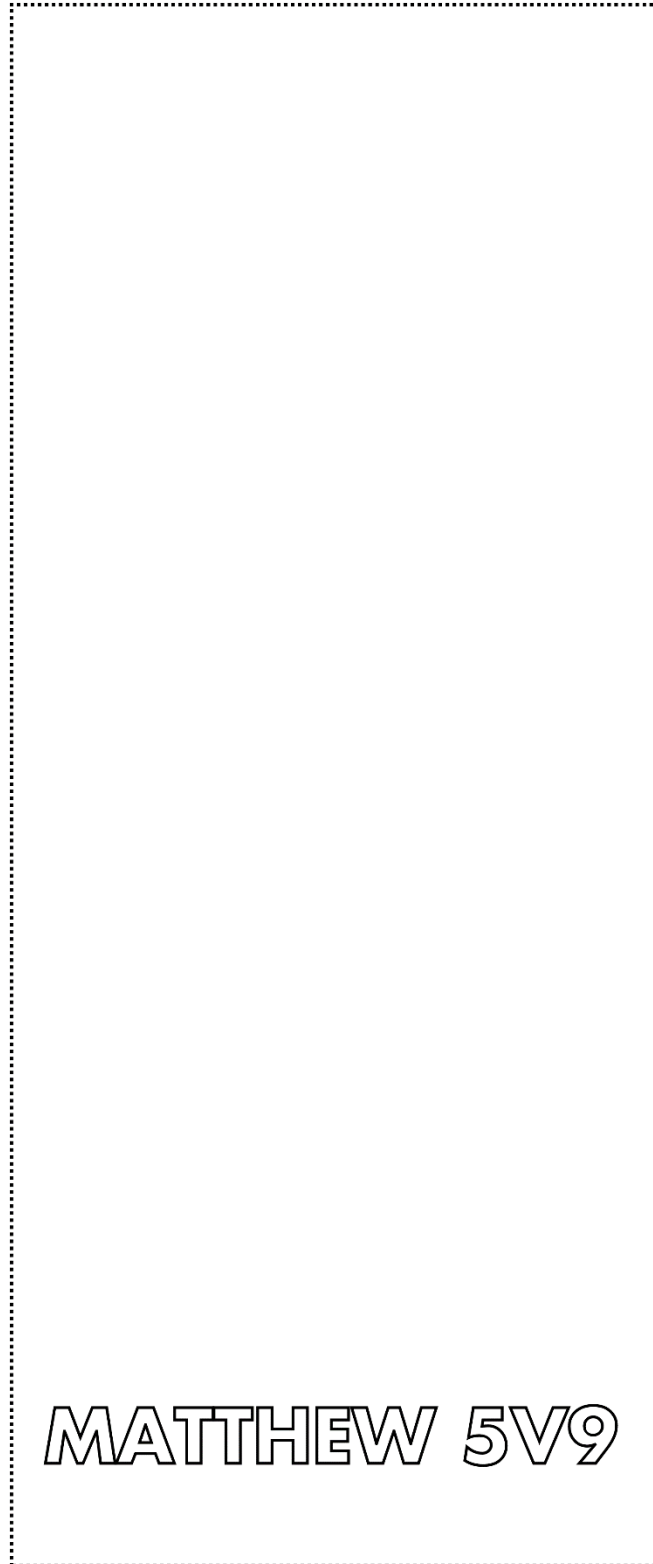


Peacebreakers are people who?



BEATITUDES BOOKMARK

BLESSED ARE THE PEACEMAKERS



MATTHEW 5V9

SESSION NINE

BLESSED ARE THE PERSECUTED



THE BIG IDEA

Sometimes people are treated unfairly for what they believe. After Jesus died and rose again His followers were treated badly simply for following Him. Amazingly, His followers didn't give up, they knew they would receive their reward for following Jesus one day when they got to Heaven.



THE WORD

Acts 16v16-40

▶ INTRODUCTION

Separate the group into 2 teams. Name one team after your favourite football team and another team after their rivals. Either play a game or have a short quiz. The team named after your favourite team should have easier questions or have the rules made to suit them, while the other team should be treated unfairly. Ask the children what they thought of this game or quiz.

ACTIVITIES

CRAFT 

Keys to the story in the jail

GAME 

Dodgeball

ACTIVITY 

Trembling Towers

THE TALK

Has anyone heard the word, 'persecuted' before? Does anyone know what it means? (Wait for some answers, ensure the children it's a big word and lots of people don't know what it means, so it's ok to be wrong.)

When someone is persecuted, it means they are treated badly for something they believe. For example, imagine if we didn't let some people join BB because they believed Man Utd were the best football team ever! It wouldn't be very fair would it? That would be persecuting that person.

A lot of the time when we hear the word persecuted, we are talking about people who were treated unfairly because they believe in Jesus, this happened a lot in the Bible and still happens all over the world today, for now, I want to focus on a story we read in Acts 16 in the New Testament of the Bible.

This story takes place a while after Jesus had died and gone to heaven. His followers spent their days telling people all about Him and they went far and wide to make sure people knew the good news of Jesus. One of these men was a man called Paul. It's interesting, because before Paul became a Christian he was named Saul and he actually spent his days persecuting the Christians. Do we remember what it means to persecute someone? (See if there are any answers). He was chasing the Christians to throw them in jail or perhaps worse.

Paul travelled a long way to tell people about Jesus and often he had people travelling with him, once he was with a man called Silas. Paul and Silas made their

way to a place called Philippi and they told lots of people about Jesus and some of them also became Christians. There were others who didn't like this though, Paul and Silas performed some miracles through the Holy Spirit and what they did caused people to lose money. You see there was a girl there who was possessed by an evil spirit and people were using her as a fortune teller, when the girl was saved the people using her could no longer make money. So they went to the rulers of the city and had Paul and Silas locked up.

Paul and Silas were thrown into jail and had their feet locked up in stocks. (Maybe have a demonstration of what this looked like, can you ask another leader to sit down and tie their feet together with a rope? Or can you ask the children to sit with their legs straight out in front of them to understand how uncomfortable it might have been? Maybe time them and see how long it takes to sit in a more comfortable position again) So they couldn't really move anywhere, it also would have been extremely dark, they didn't have electricity back then and often prisoners weren't allowed a candle in their cell. So imagine sitting in a dark cell with your feet locked in chains and rats running around you. I'd hate that!

Things weren't looking good for Paul and Silas, but then they did something together just after midnight, what do we think they did? (*Ask for suggestions, they may suggest an elaborate way to escape*) Paul and Silas started singing hymns! Hymns are just what we call songs about God, like the songs we like to sing in church. Do any of you have any favourite songs about God? (*Suggest some the Company may know*) The Bible tells us that while the other prisoners were listening to them a huge earthquake happened and immediately the

doors of the prison were opened and the stocks fell off everyone. Everyone in the prison was free!

There was a Roman guard put in charge and when he woke up he thought all of the prisoners had escaped. So he took out his sword and was about to kill himself! You see if he was found to be the person who let the prisoners escape his bosses probably would have tortured him and killed him. But Paul shouted at him and told him that nobody had left, they were all there!

The Bible tells us that the jailer then went in to see Paul and Silas and asked what he has to do to be saved. Paul said, 'Believe in the Lord Jesus, and you will be saved, you and your household.' You see, he knew that only God's power could have caused that earthquake to save Paul and Silas, and that only Jesus' followers would make sure the guard who locked them up was safe!

The jailer took Paul and Silas to his house and helped clean out their wounds. Then Paul and Silas baptised him and his family. *(Ask if anyone knows what baptism is, explain how a baptism might happen in your church)* You see people will get baptised when they become Christians. Some of us might have been baptised as babies and so we won't remember it, some of us will be baptised when we are older, after we decide to become a Christian. When the jailer was baptised he was showing that he accepted Jesus as his saviour. The jailer then went to his bosses and made sure Paul and Silas were allowed to go free.

Paul and Silas were treated badly simply because they believed in Jesus, and they could have moaned and groaned or fought against their captors, they could have

stopped following Jesus because they didn't want to be in jail. Instead, they praised Jesus and sang through the night. God made sure they were saved and more than that, the person in charge of the jail even became a Christian.

Blessed are the persecuted, anyone who follows Jesus will receive their reward in heaven. Paul and Silas knew that, they probably weren't expecting to be freed from the jail, they just knew that they would get to spend eternity in heaven with God when they followed Him. They remembered to praise God even when things were really bad for them. That can be really difficult to do but we should always remember, that when we follow Jesus, He is always with us!

APPLICATION

Blessed are the persecuted, anyone who follows Jesus will receive their reward in heaven. Paul and Silas knew that, they probably weren't expecting to be freed from the jail, they just knew that they would get to spend eternity in heaven with Jesus when they followed Him. They trusted that Jesus was with them even when times were bad, and that is something I want all of you to remember as well. When we follow Jesus, He is always with us, so don't be afraid to ask Him for help and don't forget to keep praising Him.

If you feel it is appropriate you could have the group pray for the persecuted church in the world today. You could place pins on a map of countries where Christians are persecuted such as North Korea, China, Iran or Nigeria.

Alternatively you can lead this activity and pray yourself, modelling that it is important to pray for those persecuted today.

SESSION NINE

ACTIVITIES

KEYS TO THE STORY IN THE JAIL (page 55)

Materials

- 1x set of printed template per child. If available, use card (160 gsm) for added rigidity. Templates include a 10x10mm check pattern to identify if printer is using scaling to fit paper.
- Colouring & decorating materials - Felt tips, colouring pencils, stickers, gems & glitter.
- Ribbon/String/split pins/binder rings
- [OPTIONAL] Scissors/Craft knife

Directions

1. Cut out the required number of template parts.
2. Decorate the keys in such a way the text is still visible.
3. Join the three keys together using ribbon/strings to form a set of keys.

DODGEBALL

Instructions/Rules:

House rules may be used if desired. This is an illustrative set of rules.

The key concept for this activity is the return of a player "from jail" upon a successful catch by their team.

Variants

- Use more or fewer balls
- Use a shorter hall
- Use a neutral zone in the middle where neither team is permitted after the start

TREMBLING TOWERS

Equipment

- Trays (to act as a base)
- Spaghetti (uncooked)/skewers/toothpicks
- Marshmallows

Instructions

1. Give children marshmallows and spaghetti
2. Give children time to build a structure on the tray that has to be freestanding and survive some shaking. You may also define minimum/maximum dimensions and other conditions/rules.
3. When time is up shake the tray and see if the tower falls.
4. Winner is tower that survives the most shaking. This can be put to a vote of the whole group.

Variants

- Instead of the tray use a shaky table as the base.
- Build a tower out of hard to stack objects such as dominoes or Jenga tiles on their smallest ends. The aim is to build the tower without causing vibrations in the floor. When complete rival teams can jump near the tower to see if it topples. Tallest standing tower is winner.
- No shaking... simply tallest tower wins.

[Jailer] "What must I do to be saved?"
[Paul] "Believe in the Lord
Jesus, and you will be saved!"
Acts 8 v 25 - 31

The Jailer panicked and Paul shouted,
"Don't harm yourself!
We are all here!"

Paul & Silas sang and prayed to
God. Suddenly there was a huge
earthquake that opened all the
prison doors wide and loosened
everyone's
chains

SESSION TEN

REJOICE AND BE GLAD



THE BIG IDEA

Rejoice and be glad – The stoning of Stephen

Sometimes being a Christian can be hard, but it is always, always worth it. If troubles and difficulties come first, then we can be sure that wonderful reward comes later. Struggles first, glory later.



THE WORD

Matthew 5v12,

Acts 6v8-7:60 (concentrate on Acts 6v8-15, 7v51-60)



INTRODUCTION

I wonder have you ever heard anyone say, "It'll all be worth it in the end."

Have you seen a footballer, runner or tennis player winning a prize? To win that prize they had to work really, really, hard. Lots of hard work, struggle and sweat came before the glory of winning. First struggle, then glory.

Being a Christian can be a bit like that. Last week we learned that sometimes it can be hard. It can be a struggle. But the Bible tells us that it will definitely, definitely be worth it because there is something wonderful to come! First struggle, then glory!

And we can even be glad, although that sounds strange, when we find it hard. Because so did Jesus, so did lots of other Christians before us. So, if we find it hard, it makes us like Jesus! First struggle, then glory.



DEFINITIONS

You may find these useful during the talk.

Struggle	Something that is difficult and needs hard work.
Christian	Someone who follows Jesus Christ and tries to be like Him.
Glory	Greatness and reward.

ACTIVITIES

CRAFT 

Painted Stones

GAME 

Tin Can Alley

ACTIVITY 

Whispering Whoppers

THE TALK

One man that shows us this is a man called Stephen. He was a Christian not long after Jesus had died and risen again and gone back to heaven, and Stephen loved talking about Jesus! He could talk all day about what Jesus had done. However, this didn't make him very popular. Stephen kept on and on talking about Jesus in Jerusalem. Crowds were listening to him but some leaders were getting more and more angry. Eventually, one day, they arrested him and started to accuse him of all sorts of things he hadn't done. What was Stephen doing as he was being wrongly accused? It says that his face was shining, like the face of an angel. Was he worried? No. why not? Because he knew he was just suffering like Jesus had suffered, and something better was to come. Struggles first, then glory.

Stephen wasn't afraid of the men who were questioning him, in fact, he started in and gave them a whole history lesson! All about the things that God had done for his people down through the years. He told them about people like Abraham, and Joseph, and Moses

and David. Have you heard of any of those people? But, then he told them about how, all through history, there had been people who had refused to listen to God. And finally, Stephen said "And then God sent His son, and what did you do? You killed Him!" Well, this made the men even more angry. They shouted and screamed at Stephen, but was he worried? No. It says that he looked up to heaven and said "I can see heaven open, and Jesus standing at the right hand of God". Stephen could see heaven! He could see Jesus! He knew that's where he was going. First struggle, then glory.

Stephen was dragged outside the city and the men picked up big stones and threw them at him. And eventually Stephen died, but he hadn't really died. Do you know where he had gone? He had gone to be with Jesus forever. He had had struggles, but now he had glory.

It says in the Bible that if you suffer because you follow Jesus you can "Rejoice and be glad, for your reward is great in heaven". (Matt 5:12)

APPLICATION

Jesus promises something wonderful for people who follow him. He promises that one day we will be with him in heaven, where nothing is bad or hard. Isn't that amazing! Let's say thank you to God that following him is always worth it and that, if we follow Jesus, we will one day be with Him.

This year we have learned lots of stories which tell us what it means to follow Jesus. Let's also say thank you to God for all the stories that teach us about Jesus.

SESSION TEN

ACTIVITIES

PAINTED STONES

Materials

- Stones suitable for painting
- Paint (Or other material that marks the stone e.g. Sharpie)
- Brushes
- Covering/Protection for Table

Instructions

1. Select a stone
2. Using the paint you can decorate all the flat sides with an image from the story of Stephen
3. Write a key word from the story such as 'Believe', 'Martyr', 'Stephen the Martyr', 'God is with you till the end', 'Stand up for God'.
4. Write a significant verse/bible reference such as "Acts 7".
5. Stephen's face/Stephen's person (like a rock figure).
6. Any other suitable design e.g. BB Anchor

TIN CAN ALLEY

Instructions/Rules: Equipment

- 3x Cans or plastic bottles per target
- Balls or beanbags
- [OPTIONAL] Tape or cones

Setup

1. Setup the cans/bottles on the target
2. Mark the throwing line
3. Divide the group into teams

Instructions

- Members in take it in turns to knock down the cans.
- 1 point per can/bottle knocked down
- Team with most points at end of time limit wins Variants
 - Bonus points for knocking all three targets down.
 - Different numbers or sizes of targets.
 - Targets at different distances.
 - Throw beanbags into hoop(s) set out on the floor as the target.

- Elimination – Players take it in turns to hit the target. If a player scored less than a defined score in a round they are eliminated. Can increase difficulty by increasing target score as number of players decreases until a winner is obtained.



WHISPERING WHOPPERS

Aim of Activity: Show how very simple statements can easily become twisted into something sinister when information or a story is passed from one person to another.

Instructions/Rules:

Equipment

- None required
- Depending on group size, form the group into a line. No More than one line where they cannot hear the other line(s)

Instructions

1. Give the first child in the line a simple phrase.
2. First child repeats (whispering) the phrase to the second child. No repeats are allowed.
3. Each child repeats step 2 until the end of the line is reached. No repeats are allowed.
4. Once the last child of each line has heard the phrase they wait.
5. Upon a leaders signal the child says out loud the phrase exactly as they heard it.
6. Confirm the phrase or state what the original phrase was to the group.
7. Repeat as required/desired.



**ADVANCING
CHRIST'S
KINGDOM**