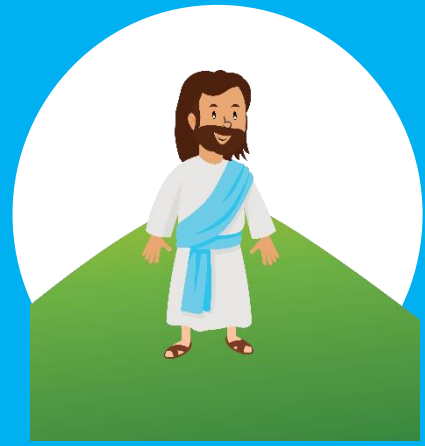


NT12

SERMON ON THE MOUNT INCLUSIVE BIBLE LESSON



LESSON PLAN INFORMATION

BIBLE PASSAGE:

Matthew 5-7

OBJECTIVES:

Understand Jesus' teachings in the Sermon on the Mount, including the Beatitudes, and salt and light.

Encourage children to see themselves as influencers in their world, just like salt and light.

Engage in activities that help reinforce the lesson

LESSON PLAN

This lesson is designed to complement the resources found in Trueway Kids' lessons on the Sermon on the Mount which you can access and download for free at: <https://truewaykids.com/sermon-on-the-mount/>

These lessons offer a diverse range of resources and activities that enrich the story in various engaging ways. We encourage you to select the resources and activities that will best suit the needs and interests of your specific group of children, ensuring an enjoyable and educational experience for all.

1. WELCOME AND INTRODUCTION:

- Warmly welcome each child by name.
- Introduce the day's lesson visually on the schedule
DOWNLOAD GRAPHIC FROM: <https://truewaykids.com/visual-schedule/>
- Use simple, engaging language to introduce the theme: "Today, we're going to hear some very special words Jesus shared with His friends and many others. These words are called the Sermon on the Mount. Jesus talked about how we can live well by following God's ways."

2. PRAYER:

Start with a simple and short prayer. Encourage the children to repeat after you. This provides a calm, focused start to the session.

3. INTERACTIVE STUDY TIME:

INTRODUCTION TO THE SERMON ON THE MOUNT:

- Show a picture and ask children to "Imagine sitting on a grassy hillside, the sun is setting, and Jesus begins to teach the crowds." This is the Sermon on the Mount.
- Ask children if they have ever climbed a mountain. Allow them to share how it felt.

EXPLORING THE BEATITUDES:

- Ask "What does it mean to be happy or blessed?"
- Introduce the Sermon on the Mount as Jesus' teaching on how to live a life that is pleasing to God, focusing on the Beatitudes as the opening statements that describe true happiness in God's eyes.
- Read the Beatitudes (Matthew 5:3-12), pausing after each to discuss its meaning. Use simple illustrations to represent each Beatitude (e.g., a heart for the pure in heart).

For example:

Beatitude	Illustration	Connection
Poor in spirit	Empty Bowl	Recognizing our need for God.
Mourn	Tissue	Comfort in times of sorrow.
Meek	Someone riding a horse	Strength under control.
Hunger for righteousness	Bread	Desire for God's justice.
Merciful	Charity image	Showing compassion to others.
Pure in heart	Heart	Sincerity and purity in our intentions.
Peacemakers	Dove	Promoting peace and reconciliation.
Persecuted	Shield	Standing firm in faith despite opposition.

SALT AND LIGHT:

- Bring a lamp and a saltshaker. Turn on the lamp in a dark room to demonstrate how light changes darkness.
- Taste a small salty snack to experience its flavour. Discuss uses of salt in the ancient and modern world.
- Talk about how "Jesus said we are the salt of the earth and the light of the world" (Matthew 5:13-16).
- Salt makes food taste better and preserves it from spoiling.
- Light helps us see in the dark. "How can we be like salt and light in our family, school, and community?"
- Have children think of specific ways they can be like salt and light in their everyday lives.

APPLYING JESUS' TEACHINGS TODAY

- Discuss "What are some things in our world that might 'hide our light'?"
- "How can we make sure we're living in a way that shines brightly?"

TREASURES IN HEAVEN

- Give each child a craft Treasure chest or boxes, paper gold coins, markers, and stickers.
- Reflect on Jesus' teaching about storing up treasures in heaven rather than on earth (Matthew 6:19-21).
- Discuss what true treasures are (kindness, love, helping others) versus material possessions.
- Have them decorate their chests and coins, writing or drawing on the coins what they believe are "treasures in heaven."
- Encourage children to take their treasure chests home as a reminder to focus on what truly matters—being rich in good deeds and love.

CLOSING REFLECTION QUESTIONS:

1. What did Jesus teach about true happiness?
2. In what ways can we be 'salt of the earth' and 'light of the world'?
3. Where is our treasure kept?
4. How can we listen to Jesus teaching us today?

4. CRAFT ACTIVITY: LIGHT OF THE WORLD LANTERN



WHAT YOU NEED:

- Template page,
- Colouring equipment,
- Scissors,
- Glue or tape.

WHAT TO DO:

1. Colour the template page.
2. Cut out the sections.
3. Fold the large section in half and cut on the dash line only.
4. Glue large section on grey box to make the lantern shape.
5. Glue on the handle.

TIPS:

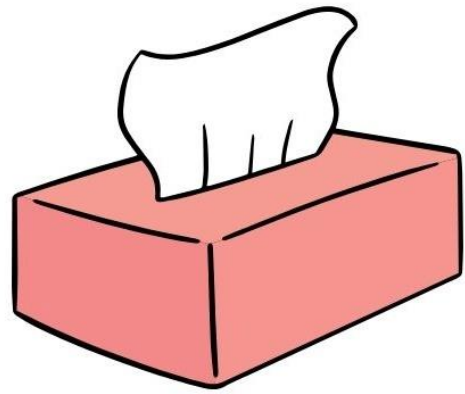
- To simplify the activity for younger children, consider pre-cutting the template.
- Thicker paper is recommended for added durability and ease of handling.

CRAFT VIDEO:

<https://youtu.be/Rme3mYBI5tw>

YOU ARE THE LIGHT OF THE WORLD

MATTHEW 5:14



5. ACTIVITY STATION FREE PLAY:

For this part of the session, you can set up several activity stations. This allows children to choose what they want to do based on their interests, providing a variety of options that cater to different learning styles and abilities.

Here are some ideas: (Check for safety and perform all activities under supervision)

BEATITUDES BLESSINGS BOARD:

Provide materials for children to create a blessings board, featuring the Beatitudes from the Sermon on the Mount.

This station allows children to express what each Beatitude means to them in a creative way.



SALT LAB:

Show children how salt affects water by dissolving different types of salt in separate cups. Experiment with adding food colouring to see how salt changes the way colour spreads in water. Discuss the importance of salt in ancient and modern times, highlighting its uses for flavouring and preserving food.

This activity engages sensory and scientific exploration, helping children understand why Jesus called us the "salt of the earth."



MOUNTAIN MURAL MAKING:

Provide a large paper mural on the wall or on a roll on the floor where children can contribute to a collective mountain scene. Include markers, paint, fabric, and glue for children to add their artistic touches.

This activity supports visual and spatial learners and encourages cooperative creativity.



TREASURE HUNT FOR HEAVENLY TREASURES:

Organize a treasure hunt leading to "heavenly treasures" — items that symbolize values and teachings from the Sermon on the Mount, like heart-shaped stones (love), small lamps (light), etc.

This activity engages children in physical movement and problem-solving, reinforcing the lesson that the true treasures are the ones we store up in heaven through our actions and choices (Matthew 6:19-21).



LIGHT EXPERIMENT STATION:

Use flashlights to demonstrate the effect of light in darkness. Experiment with shining light through coloured cellophane to illustrate how we can spread Jesus' light in different ways. Use mirrors to reflect light, showing how we can reflect Jesus' light to others.

This station allows children to visually grasp the concept of being the "light of the world."

It highlights the importance of shining in dark places and guiding others with the light of Jesus' love.



SALT OF THE EARTH SENSORY TRAY:

Create sensory trays filled with different types of salt for children to explore. They can use scoops to transfer salt between containers, observe the grains with magnifying glasses.

Include cards with simple explanations of how salt is used in the world, emphasizing its preserving and flavour-enhancing properties.

(Check for safety and always under supervision)



HAPPY FACE PLATES:

Children create their own "happy face plates" by drawing faces on paper plates and decorating them to express different forms of happiness and joy.

They can add wool for hair and use fabric scraps or stickers to create clothes that reflect their personality or how they feel when they do good deeds, mirroring the happiness described in the Beatitudes.



BEATITUDES MOUNTAIN CLIMB:

Set up cushions or mats as "mountain" obstacles for children to gently climb or navigate around.

At the top, have a sitting area where they can listen to a brief story or teaching from the Sermon on the Mount.

Emphasize the journey of following Jesus and learning from His teachings.



WORKSHEETS AND COLOURING PAGES:

In Section 7 – You will find Worksheets and resources to use with this lesson.

Refer to main lesson pack for additional pages:

<https://truewaykids.com/sermon-on-the-mount/>

6. CLOSING PRAYER:

EXAMPLE PRAYER WITH HAND ACTIONS:

"DEAR GOD, THANK YOU FOR TEACHING US THROUGH THE SERMON ON THE MOUNT,"

"Dear God": Point upwards.

"Thank You": Place your hand over your heart, then move it forward.

"HELP US TO LIVE AS YOU TAUGHT, BEING SALT TO THE EARTH AND LIGHT TO THE WORLD,"

"Live as You taught": Point to your temple, then to your heart.

"Salt": Shake an imaginary salt shaker.

"Light": Open your hand above your head as if holding a light.

"SHOWING LOVE, KINDNESS, AND JUSTICE IN ALL WE DO."

"Showing love": Hug yourself.

"Kindness": Extend your hands outward, palms up.

"Justice": Place one hand over your heart, and raise the other in the air.

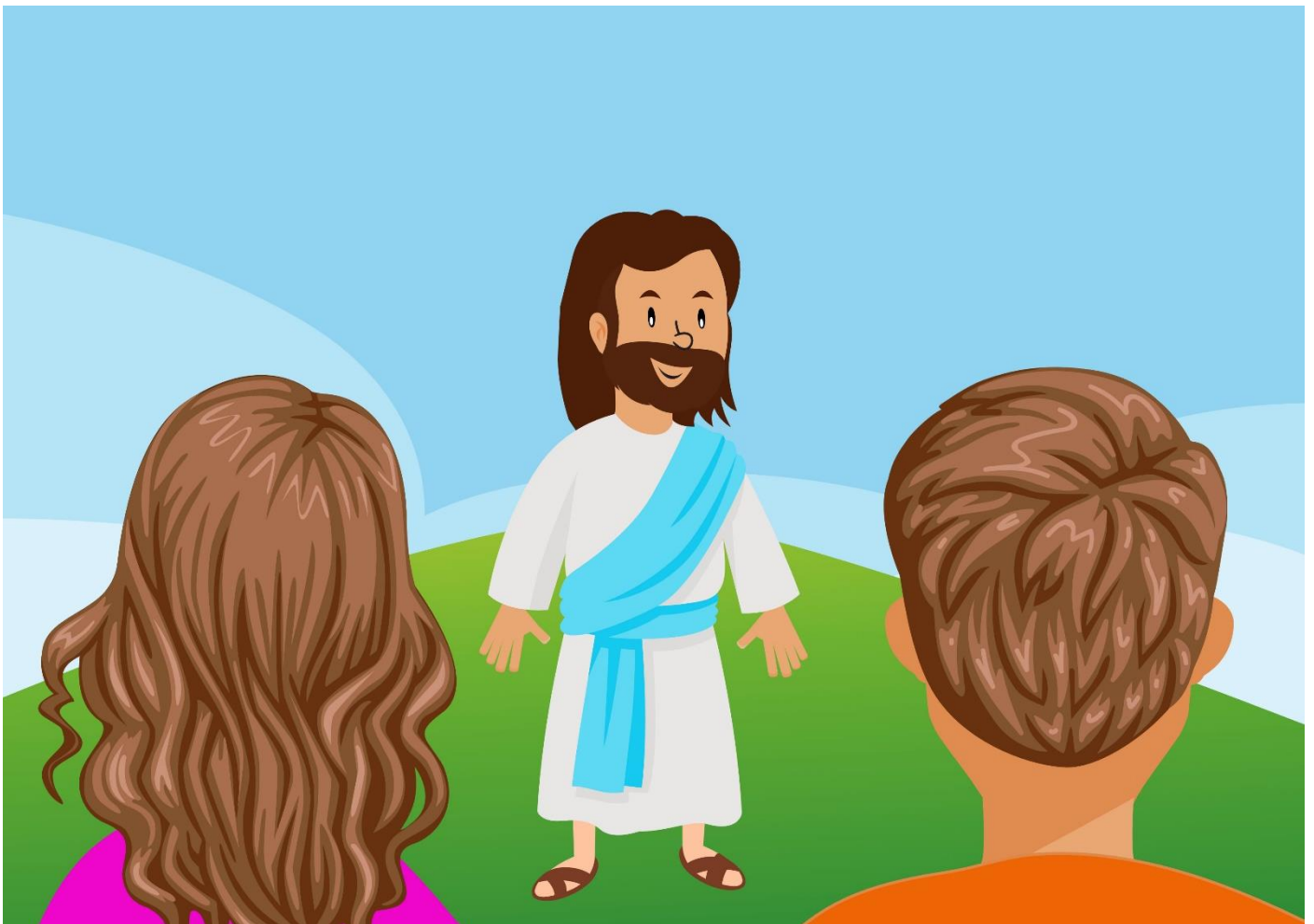
"IN JESUS' NAME, WE PRAY. AMEN."

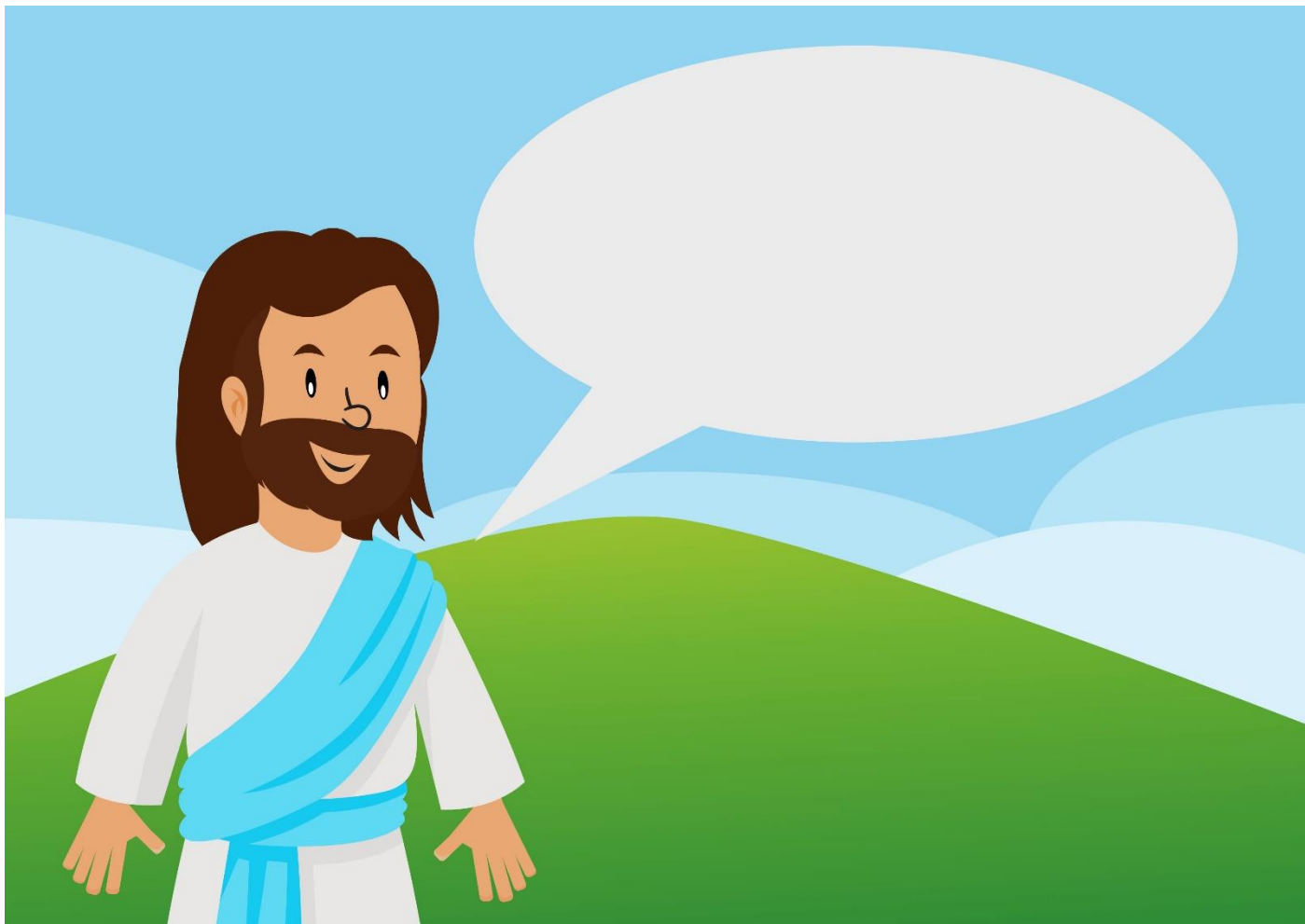
"In Jesus' name": Point upwards again.

"Amen": Hands together in a praying position.

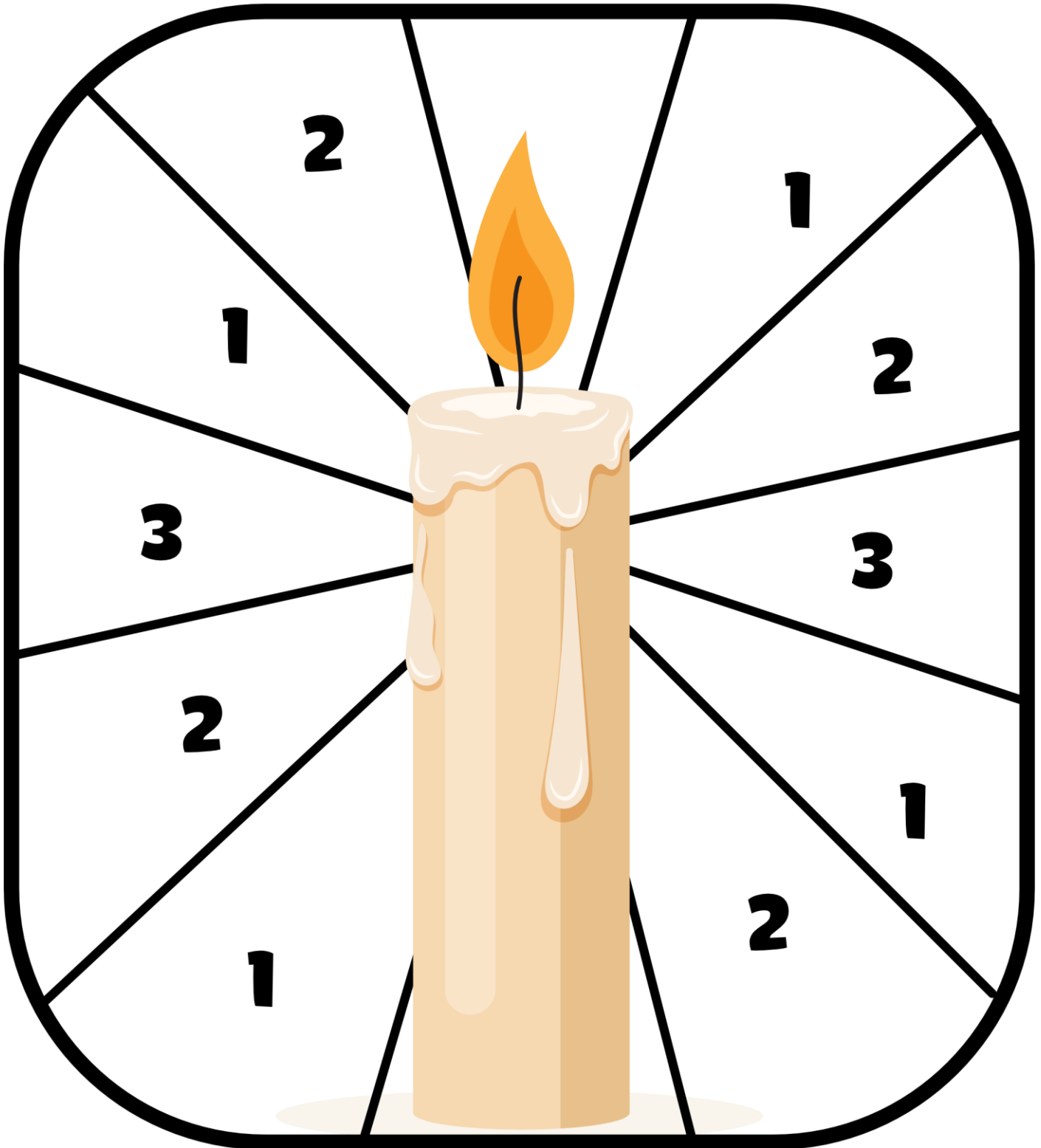
7. ADDITIONAL RESOURCES

1. Story Images
2. Worksheets
3. Colour pages

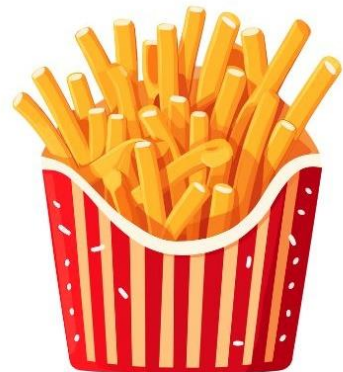
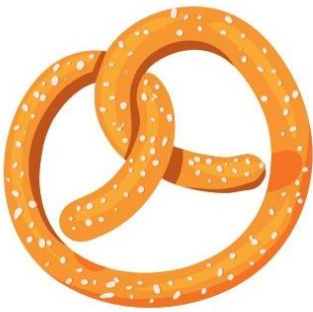
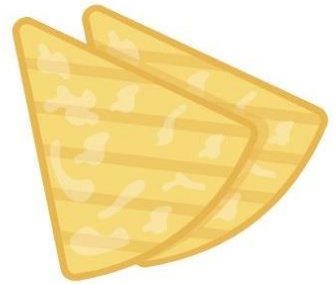




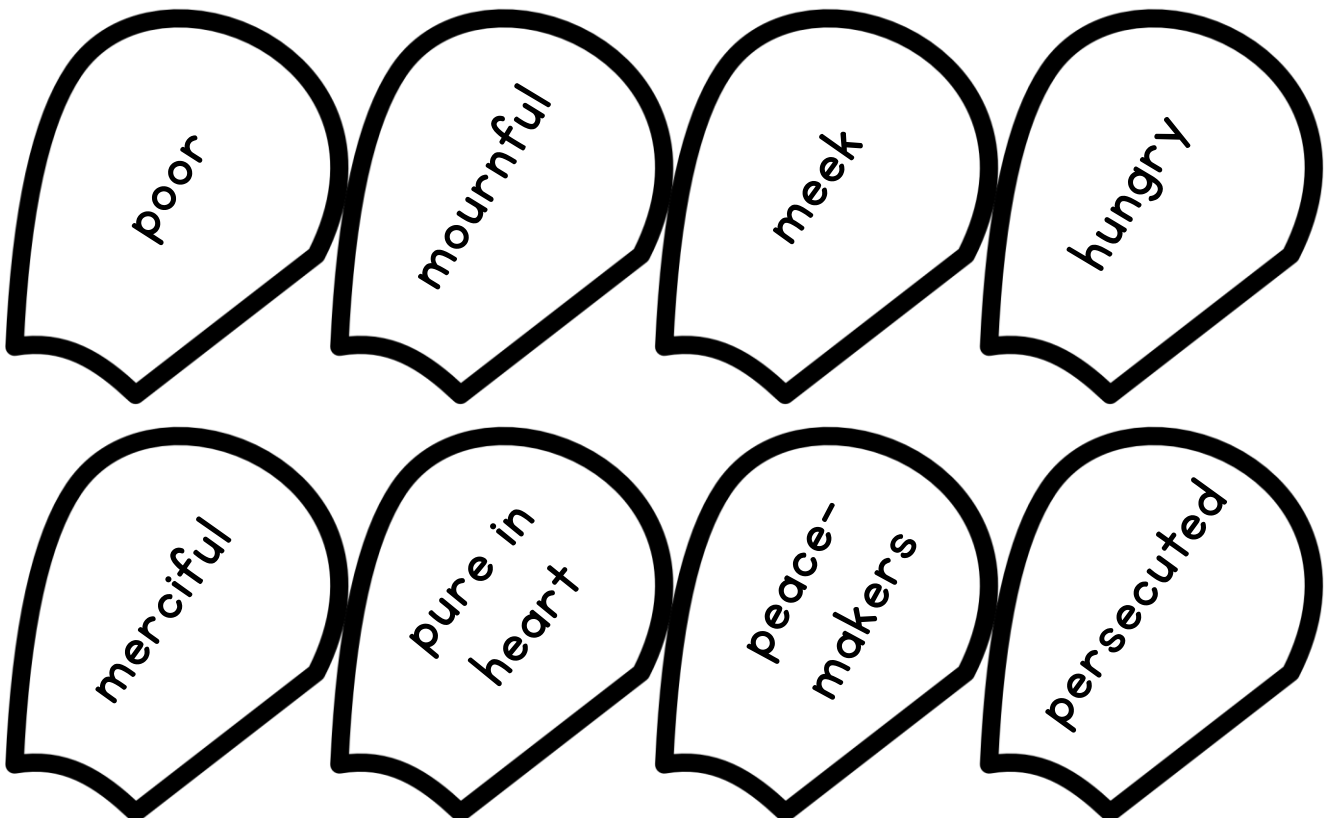
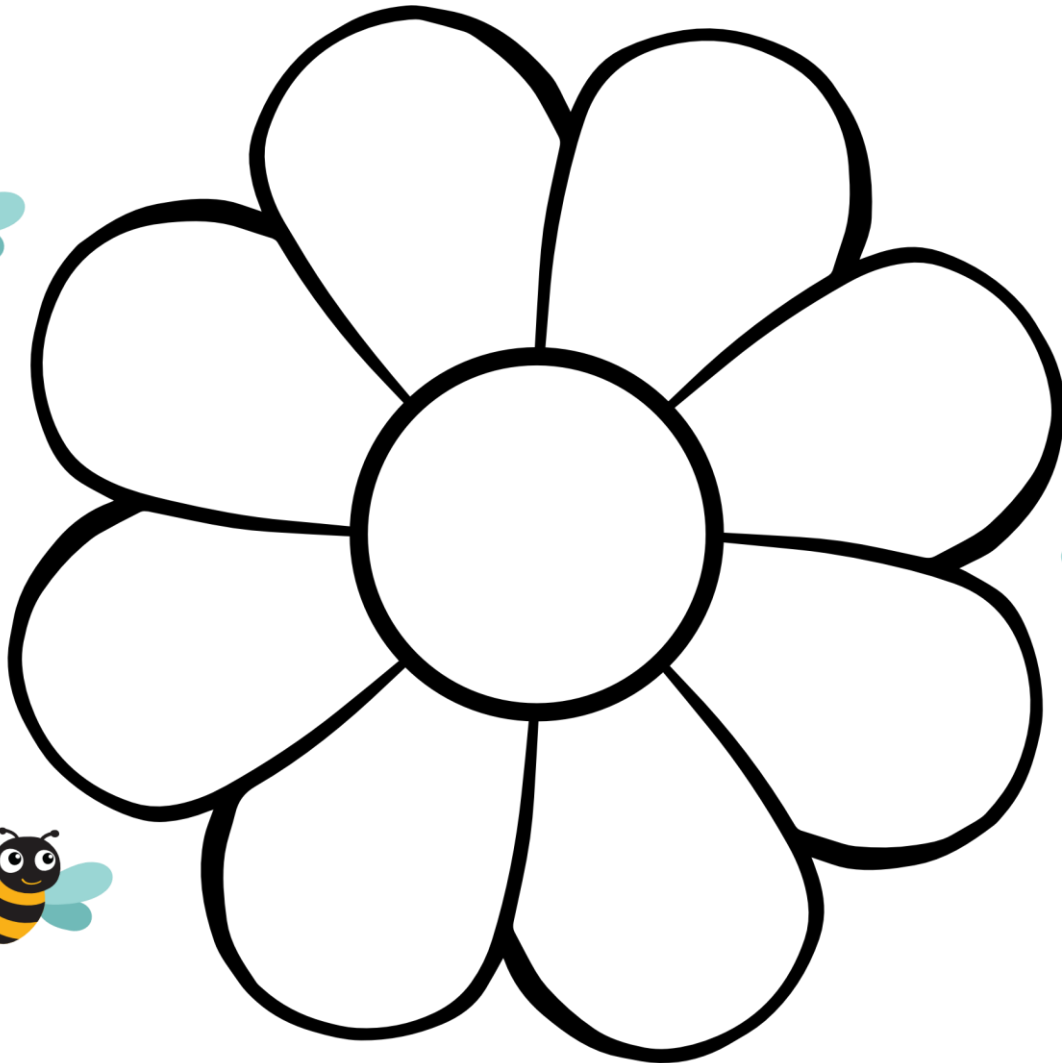
Colour by number



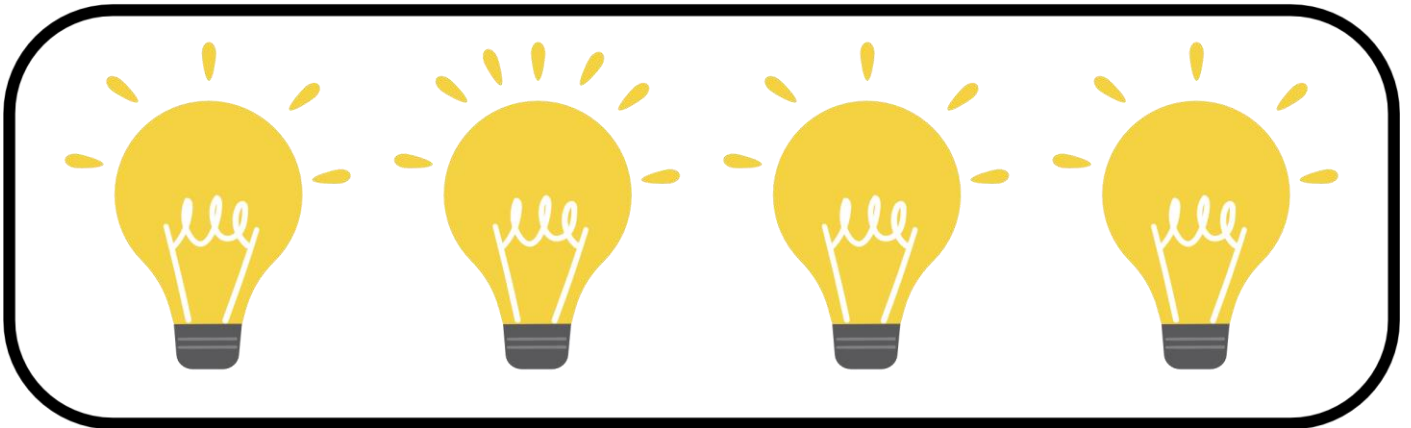
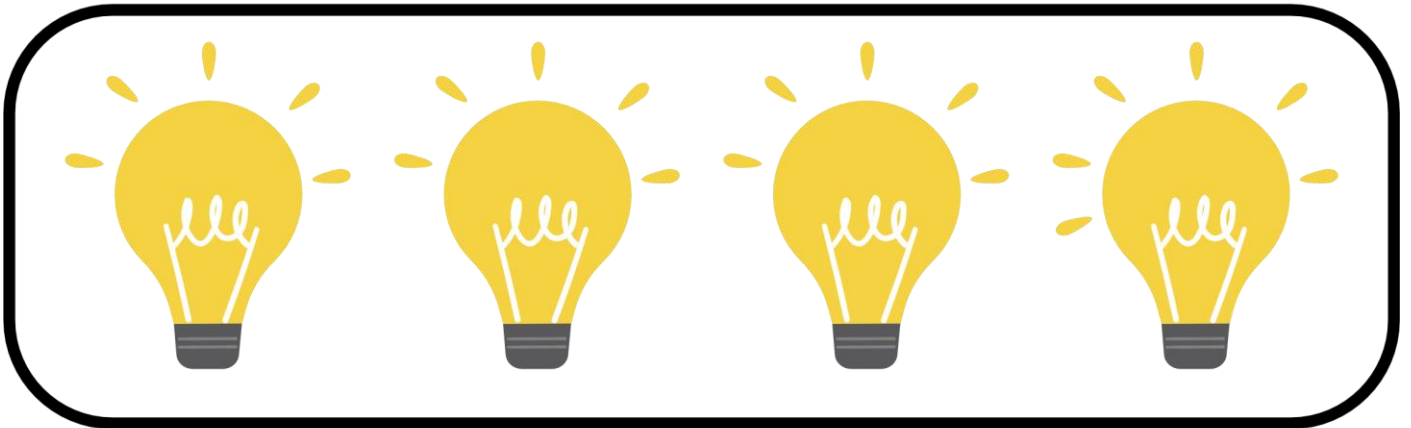
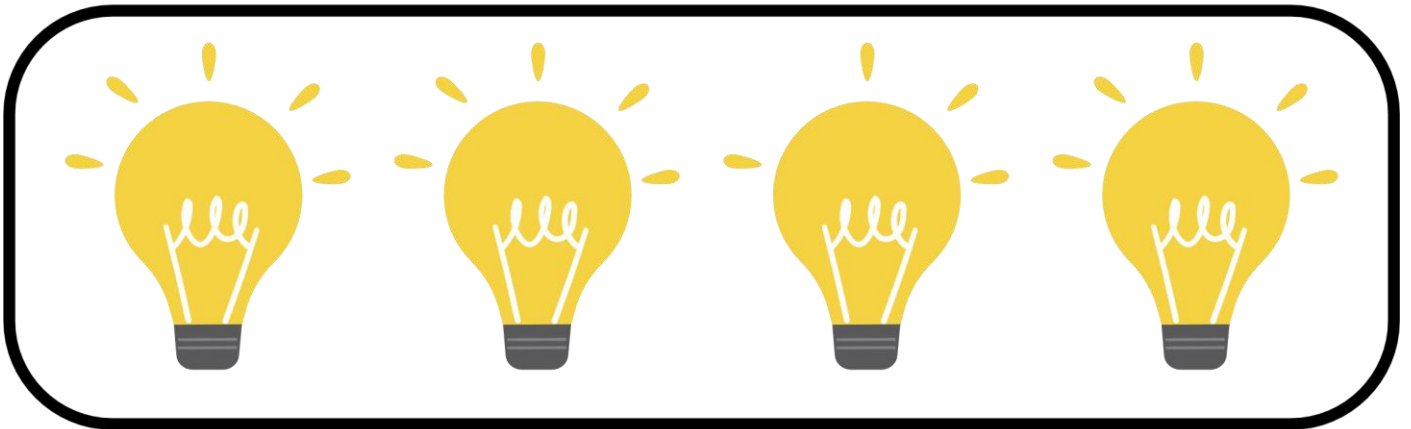
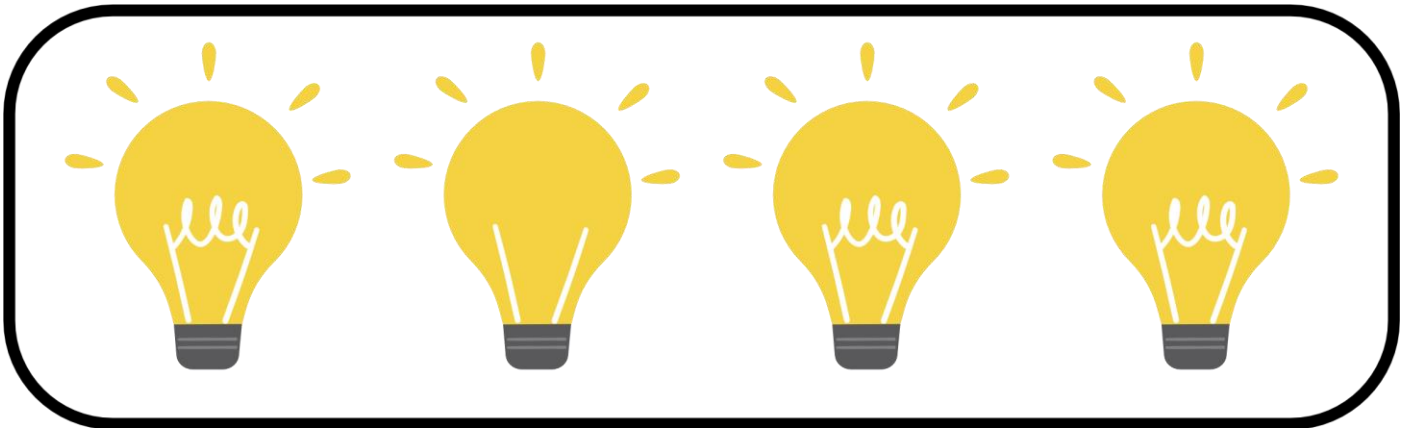
Circle all the salty food

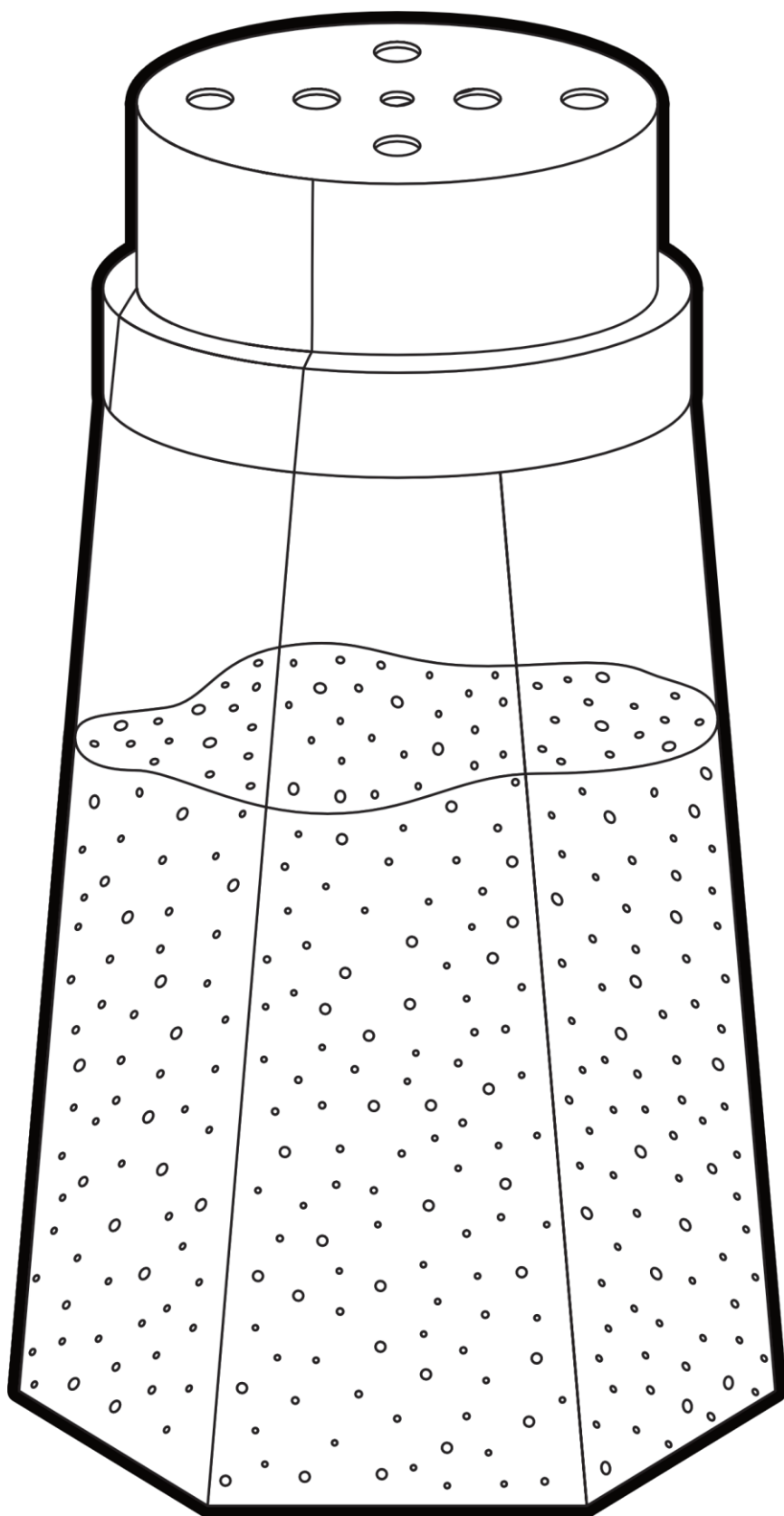


Colour, cut and glue the petals



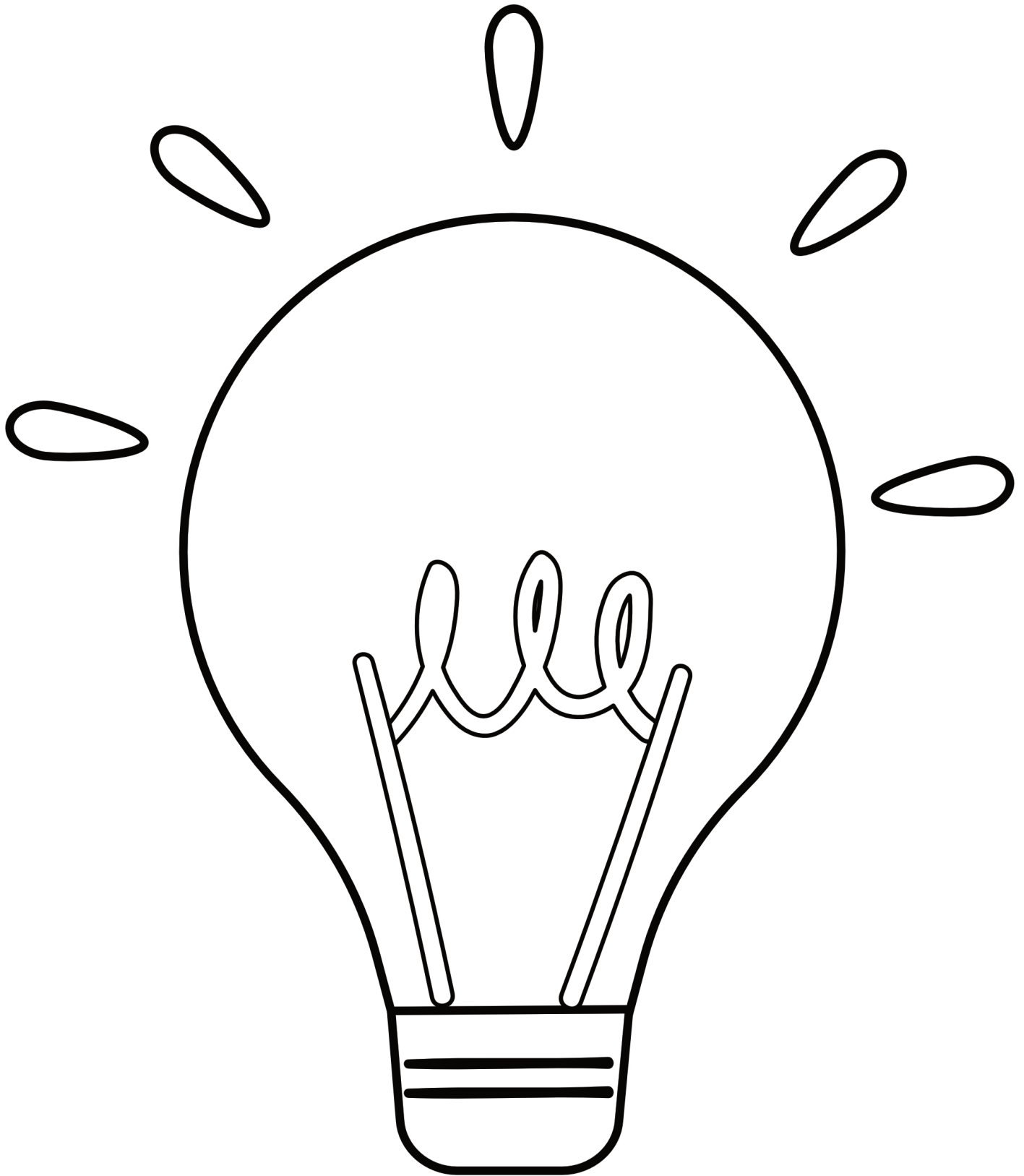
Odd one out





YOU ARE THE SALT OF THE EARTH.

MATTHEW 5:13



YOU ARE THE LIGHT OF THE WORLD.

MATTHEW 5:14

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