

# Sermon on the Mount

5+ lesson pack



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# Introduction

This week we will read what is probably the most famous sermon ever preached. In Matthew 5-7, Jesus tells us how to live in a way that pleases God.

- The Beatitudes (5:1-12)
- Salt and light (5:13-16)
- Jesus teaches us how to live well (Matthew 6-7)
- The gold rule - treat others the way you want to be treated. (Matthew 7:12)

## Lesson Guide

Read the beatitudes together (5:1-12). Explain that these are the words of Jesus. Ask the child to listen very carefully to which word repeats often. Help your child to think about the word blessed. Share how God blesses us and always looks after us because He loves us, regardless of our circumstances.

You may also talk about specific examples of ways that they can fulfil the beatitudes such as ways we can show mercy to others or be peacemakers.

Talk about salt and light. Explain that Christians are to be salt and light. Prepare some foods that needs salt such as potatoes or another vegetable. Or you may just have your child assist you with cooking and allow them to try the food without salt, and then try it with salt. Point out that the salt makes the food taste better. Salt also helps preserve food.

Point out that Christians are also compared to light. In a dark room, point out that we need light to see. Grab a flashlight and explain that it will help you to see better. Hide the flashlight under some sofa cushions. Ask the child if they can see better now. When they say no, say that you will move the light. This time place the flashlight under a bowl. Ask if it lights up the room. Continue to move the light (or allow the child to) as you point out that the light works best when it is out for all to see. Explain that just like the light needs to be seen, Christians need to live so that all can see the light of Christ in them.

Talk about ways that we can show Christ's light to others. Talk about things we might do that do not show Christ's light to others.

Explain that Jesus told us many things that we should do to live for Him. We should pray, give to the needy, fast, etc.

Most of what Jesus instructed can be summed up in two rules—Loving God and loving others. Talk about ways we can love God. Talk about ways we can love others.

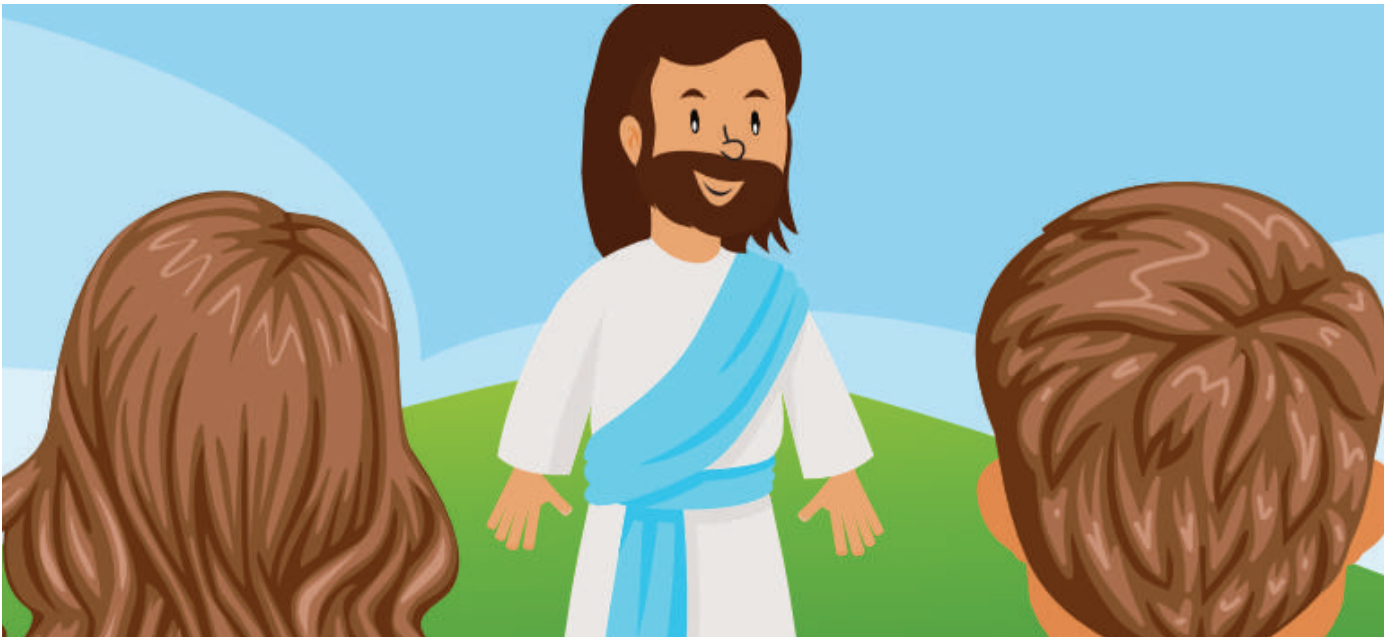
Remind the child that the passage also says to love our enemies and turn the other cheek. Talk about ways we can love our enemies. Remind the child that we should pray for our enemies and those who wrong us.

Talk about how Jesus told us to treat others the way we want to be treated. Ask the child if they have ever been treated in a way that they did not like. Ask them if they have ever treated others in a way that they would not like to be treated themselves. Point out that we should always ask ourselves, would I like to be treated like that?

Follow a reading plan to read sections of the Sermon throughout the week. If using in a group setting, send the plan home with the child. Remember it's important to read from the Bible with our children.

[Video playlist is available on the website post which goes alongside this lesson.](#)

# Sermon on the Mount



Jesus went through Galilee and preached the Good News and healed the sick. Many people from all around heard of Him and came to Him to be healed. Large crowds followed Him everywhere.

He climbed on a mountainside and sat down to teach the people who had gathered.

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.

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

Blessed are the gentle, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.



Blessed are the peacemakers, for they shall be called children of God.

Blessed are those who have been persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.

Jesus continued teaching the gathered people.  
"Blessed are you if you are treated poorly for Me.  
Your reward will be in heaven."

"You are salt and light. This means that others should see that you are different and glorify the Father because of you."

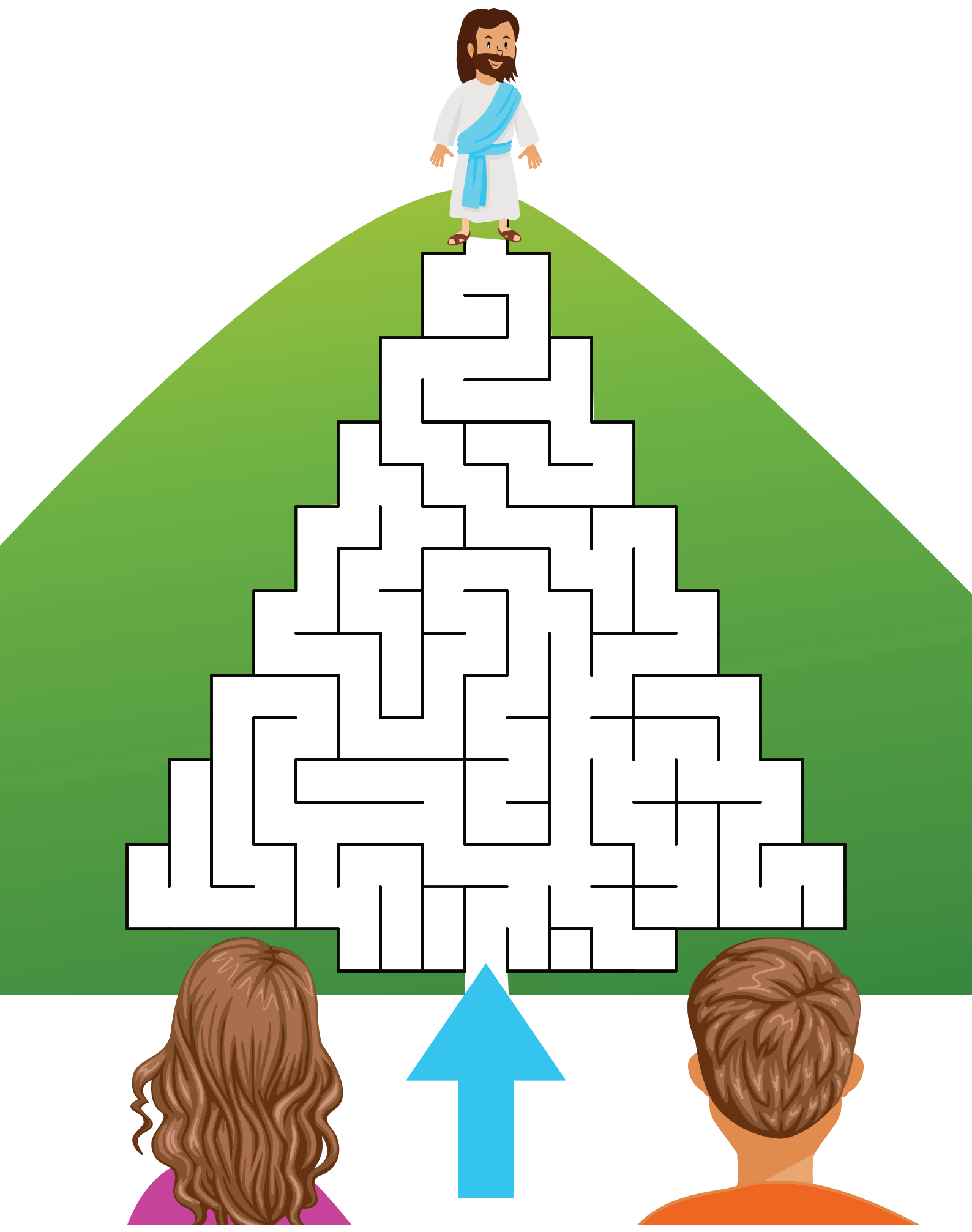
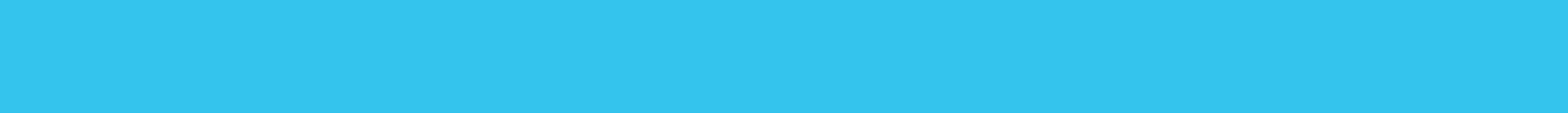
Jesus continued to give many instructions. He told people to forgive one another. He instructed them to love their enemies and



give to those in need. He even gave instructions on how people should pray.

"Store up treasures in heaven. Do not worry, because God will care for you. Seek Me, and you will find Me."

Jesus finished all these many teachings. Everyone who heard Him was amazed since He taught with authority.



# Match the Beatitudes

## Matthew 5:3-10

Blessed are the poor in spirit,

for theirs is the Kingdom of Heaven.

Blessed are those who mourn,

for they shall obtain mercy.

Blessed are the gentle,

for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness,

for they shall be filled.

Blessed are the merciful,

for they shall be called children of God.

Blessed are the pure in heart,

for they shall be comforted.

Blessed are the peacemakers,

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Blessed are those who have been persecuted for righteousness' sake,

Kingdom of Heaven.

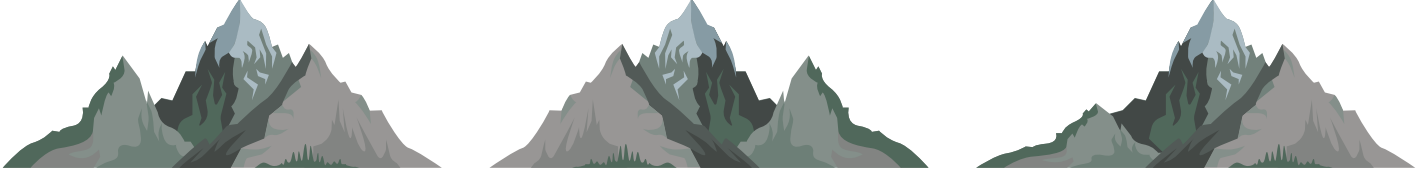
for they shall see God.

Jesus said, "You are the light of the world. Let your light shine before men, that they may see your good works and glorify your Father who is in heaven. "

**What are some ways we can shine our light for Jesus?**



# Which two mountains are the same?





# Games and Activities

## Blindfold food test

Be sure to check for allergies and parental permissions if in a group setting.

Some ideas are apples, crackers, bread, cheese, chocolate.

Blindfold a child give them a snack to taste.

They have 1 point for saying if it salty or sweet.

They can win an extra point for guessing the item.



## Beatitudes Race

Give each child a piece of paper with half of a beatitude. (You could use the worksheet in this lesson).

Hide the matching half around the room.

On go, children must run around and try to find the other half of their beatitude.

They should show it to a leader to make sure it's correct.

## Hide in the dark

You'll need to play this game inside a large dark area.

Pick a person to be 'it'. They should sit on a chair facing a wall.

Everyone else must hide within the field of sight.

After 30 seconds, the player on the chair can turn around.

They must call out where they a person is hiding without moving. If they are correct, the person must come out of their hiding place.

Talk about how Jesus taught that we shouldn't hide in the dark, but that we should be a light which is easy to see.



# Egg carton treasure chest



## What you need:

Egg carton

Paint

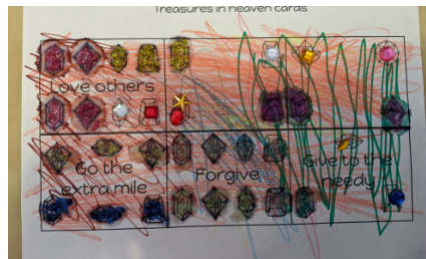
Treasure in heaven cards

Optional: Sequins

## What to do:



Paint your egg box to look like a treasure chest. Allow to dry.



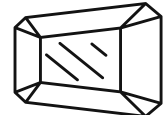

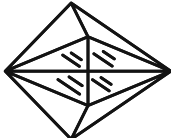

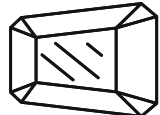

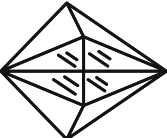


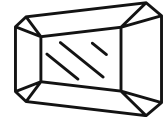
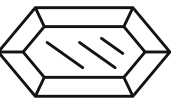
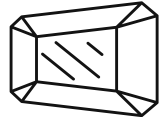
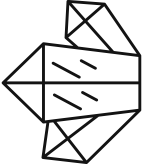

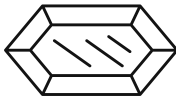
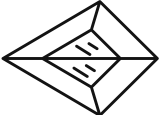
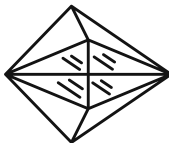

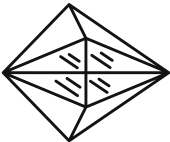


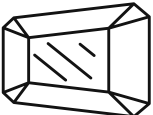

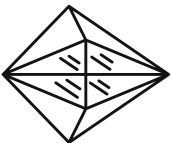

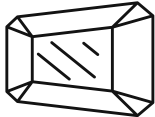
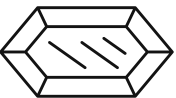
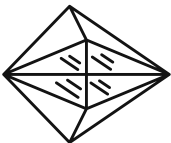

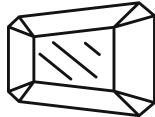


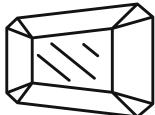
Write and decorate the treasure in heaven cards.

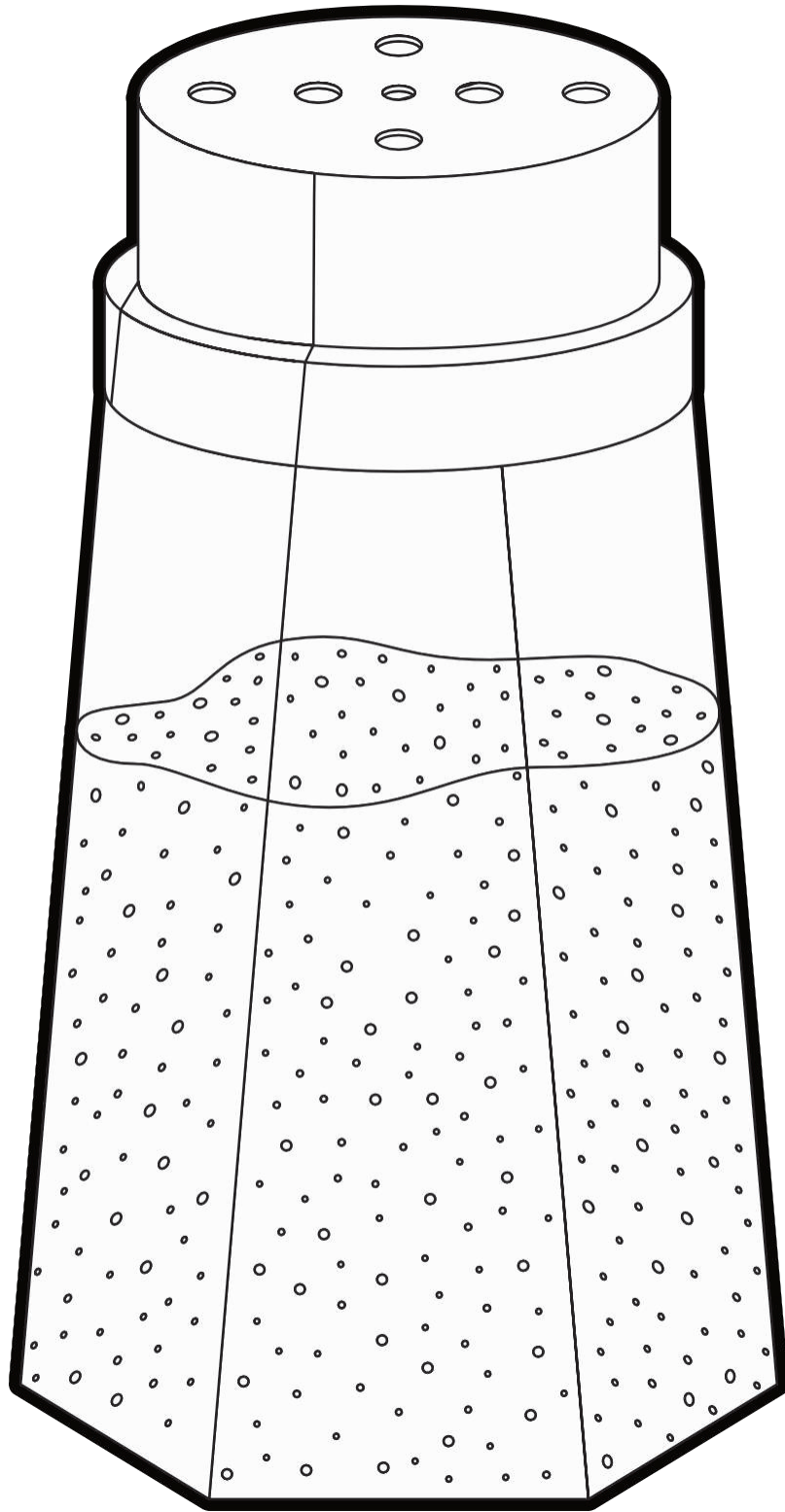


Cut out cards and place in treasure chest.



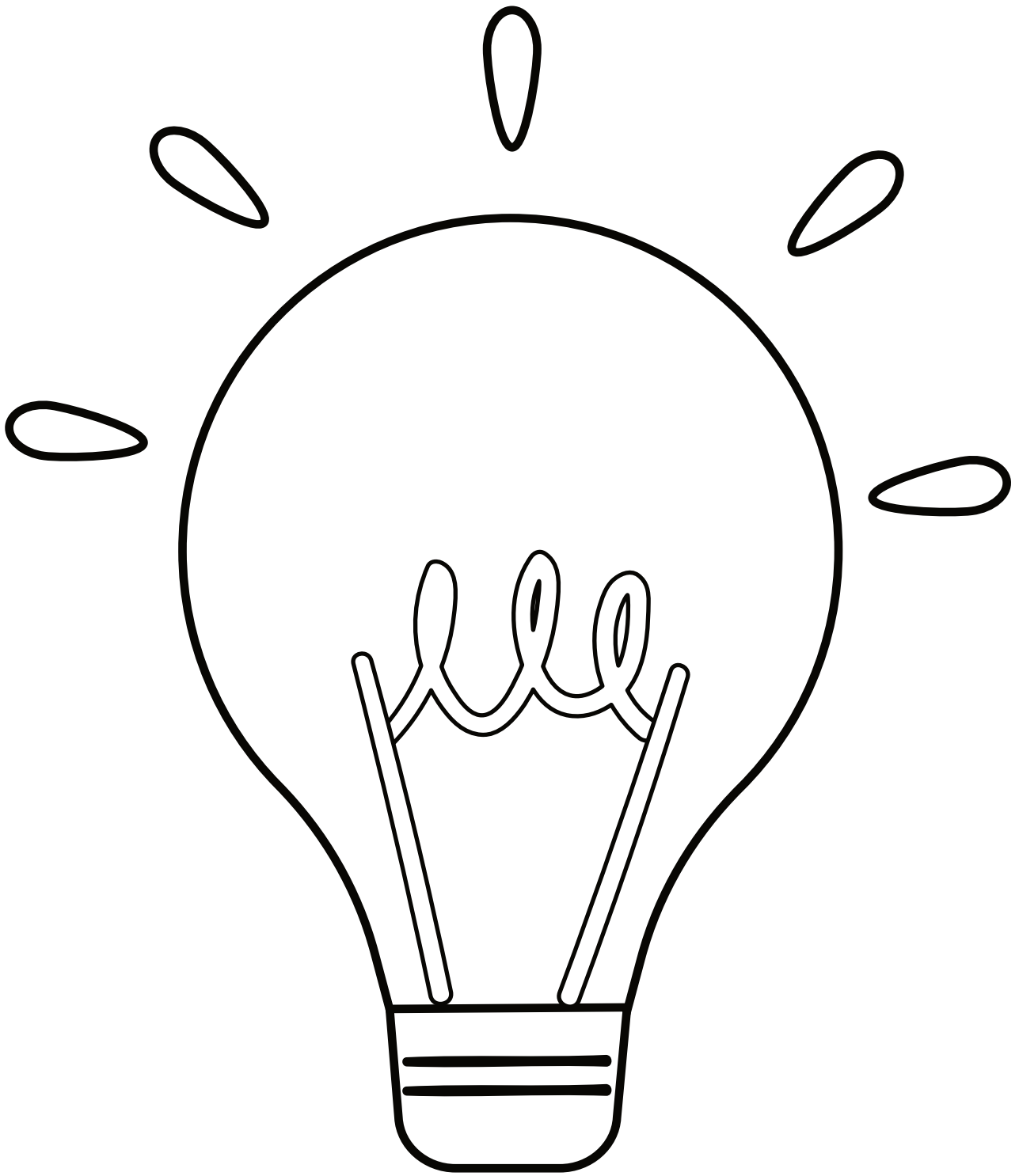
# Treasures in heaven cards

    <p>Love others</p>    	   	   
   <p>Go the extra mile</p>   	    <p>Forgive</p>    	 <p>Give to the needy</p>  



You are the salt of  
the Earth.

Matthew 5:13



You are the light of  
the world.

Matthew 5:14



You  
are the  
salt  
of the  
Earth

Matthew 5:13

# Worship Time

Recommended worship songs. Not produced by Trueway Kids. YouTube Videos to be used for personal use only.

The Beatitudes

<https://youtu.be/kzp04GVZ6Bw>

Salt and Light

<https://youtu.be/ftUXYsamDo8>

Golden Rule

<https://youtu.be/jio0NrIpEkc>



## Prayer Time

Thank God for teaching us through the Bible.

Ask Him to help you shine for Him and obey His words.

## Next Week

### Wise and Foolish builders

If you haven't already done so, sign up to receive future lessons by email.  
[truewaykids.com/subscribe/](https://truewaykids.com/subscribe/)

