

# A Recipe for Happiness: The Beatitudes

## Theme

Jesus gave us the recipe for happiness — the Beatitudes.

## Object

The ingredients for making trail mix. (Chex Mix, M&M candies, Pretzel sticks, Yogurt covered raisins, Cheez Its, Honeycomb cereal)

## Scripture

Matthew 5:1-12

## Children's Sermon: A Recipe for Happiness: The Beatitudes (Matthew 5:1-12)

Today, we are going to fix a tasty snack. Oh boy, that sounds like fun. The first thing we need is a recipe. You know what a recipe is, don't you? A recipe is a set of instructions, including a list of all the ingredients. I have a recipe to make a delicious and healthy trail mix.

And here are the trail mix ingredients we need and a bowl to mix it in. (Show the items.)

Can you help me make this trail mix? Let's read the recipe to know how to make it. First, we will add some Chex Mix and M&Ms. (Hand the bags to children to pour into the bowl.)

## God's Great Love

Let's see, next we add some pretzel sticks and then some yogurt-covered raisins. (Hand the bags to children to pour into the bowl.)

We're not done! We still have two more ingredients for our trail mix. Let's add the Cheez Its and the Honeycomb cereal. (Hand the bags to children to pour into the bowl.)



4-week Bible experience about how  
BIG God's love is for us

### 4-WEEK BUNDLE

translations of the Bible use the word happy instead of blessed. So this is Jesus' recipe for us to be happy.

I like that the word "beatitudes" has two parts to it: be and attitude. The Beatitudes are ways that we can *be* and *attitudes* we can have. Let's look at a few of these be-attitudes. Jesus said to...

- Be merciful to people. To be kind when they are hurting.

Jesus said to...

- Be peacemakers when people are fighting.

Jesus said to...

- Have an attitude of pure thoughts.

Jesus said to...

- Have an attitude of wanting to do right.

Jesus also said that when we are sad, God comforts us and then we are happy.

I like that Jesus gave us a recipe for how to be and what kind of attitudes to have. And Jesus says that we will be happy if we follow His recipe.

Well, the trail mix is all finished and I need someone to stir it. (Choose a child to gently stir the trail mix.)

So now we have a tasty snack we can enjoy later. (Set the trail mix aside.)

Did you know that Jesus gave us a recipe for living a happy life? In the book of Matthew, the Bible says, "Now when Jesus saw the crowds, He went up on a mountainside and sat down. His disciples came to Him, and He began to teach them." He taught them a lesson we call "The Beatitudes." Each one of the beatitudes starts with the words, "Blessed are they..." Some

Dear God, thank You for the beatitudes. Please help us follow Your recipe for a happy and blessed life. In Jesus' name we pray, amen.

# The Beatitudes

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. Matthew 5:1-2 (NIV)

The activity is based on Matthew 5:1-12



*A list of words is provided in a word bank at the bottom of the page. Write the words in alphabetical order on the numbered lines provided.*

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

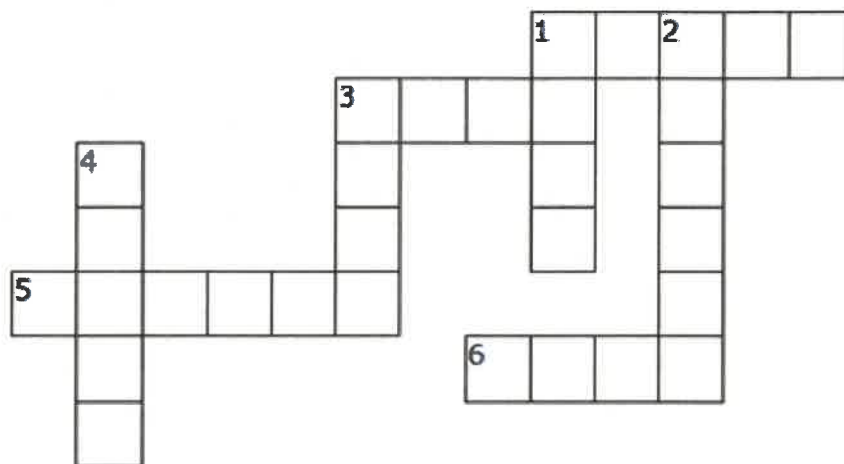
hunger	righteousness	merciful	mourn
peacemakers	blessed	spirit	thirst
persecuted	meeek	pure	poor

# The Beatitudes

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."

Matthew 5:11 (NIV)

Based on Matthew 5:1-12



## ACROSS

1. To show great kindness toward others
3. To be without any faults; without sin
5. A need for food
6. To feel happiness, joy and pleasure

## DOWN

1. To be humble in spirit or manner
2. A payment received in return for doing good deeds
3. Having little money or few possessions
4. To feel sadness

REWARD	POOR	MOURN	MEEK
HUNGER	PURE	GLAD	MERCY

# The Beatitudes

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."

Matthew 5:11 (NIV)

Based on Matthew 5:1-12 (NIV)



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

KINGDOM	MERCY	EARTH	FILLED	MOURN
HUNGER	HEART	SPIRIT	BLESSED	INHERIT
THIRST	MEEK	PURE	POOR	HEAVEN

# The Beatitudes

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them. Matthew 5:1-2 (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.

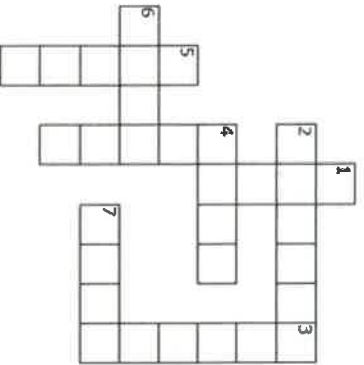


S	A	Y	X	O	L	B	G	C	Q	J	D	U	W	Z	N	T	R	P	E	V	I	M	K	H	F
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 7-20-2-17-22-17-13-12-20-1 \_\_\_\_\_
- 19-5-5-18 \_\_\_\_\_
- 1-19-22-18-22-17 \_\_\_\_\_
- 23-5-13-18-16 \_\_\_\_\_
- 23-20-20-24 \_\_\_\_\_
- 25-13-16-8-20-18 \_\_\_\_\_
- 23-20-18-9-22-26-13-6 \_\_\_\_\_
- 19-13-18-20 \_\_\_\_\_
- 24-22-16-8-12-5-23 \_\_\_\_\_
- 25-20-2-21-20-16 \_\_\_\_\_

HUNGER	MOURN	SPIRIT	MERCIFUL	MEEK
POOR	PURE	KINGDOM	BEATITUDES	HEAVEN

# Crossword Puzzle



- ACROSS**
- A need for food
  - To be humble in spirit or manner
  - Having little money or few possessions
  - To feel happiness, joy and pleasure
- DOWN**
- To be without any faults; without sin
  - A payment received in return for doing good deeds
  - To show great kindness toward others
  - To feel sadness

PURE	MOURN	REWARD	HUNGER
POOR	GLAD	MERCY	MEEK



## Children's Worship Bulletin

### The Beatitudes

Matthew 5:1-12

### Word Search

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

MOURN	THIRST	PURE	HUNGER	HEART
FILLED	MEEK	MERCY	POOR	EARTH
KINGDOM	INHERIT	HEAVEN	BLESSED	SPIRIT



# Decoder Puzzle

Each number represents a letter of the alphabet. Substitute correct letter for the numbers to reveal the coded words.

S	A	Y	X	O	L	B	G	C	Q	J	D	U	W	Z	N	T	R	P	E	V	I	M	K	H	F
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

- 7-20-2-17-22-17-13-12-20-1 \_\_\_\_\_
- 19-5-5-18 \_\_\_\_\_
- 1-19-22-18-22-17 \_\_\_\_\_
- 23-5-13-18-16 \_\_\_\_\_
- 23-20-20-24 \_\_\_\_\_
- 25-13-16-8-20-18 \_\_\_\_\_
- 23-20-18-9-22-26-13-6 \_\_\_\_\_
- 19-13-18-20 \_\_\_\_\_
- 24-22-16-8-12-5-23 \_\_\_\_\_
- 25-20-2-21-20-16 \_\_\_\_\_

HUNGER	MOURN	SPIRIT	MERCIFUL	MEEK
POOR	PURE	KINGDOM	BEATTITUDES	HEAVEN

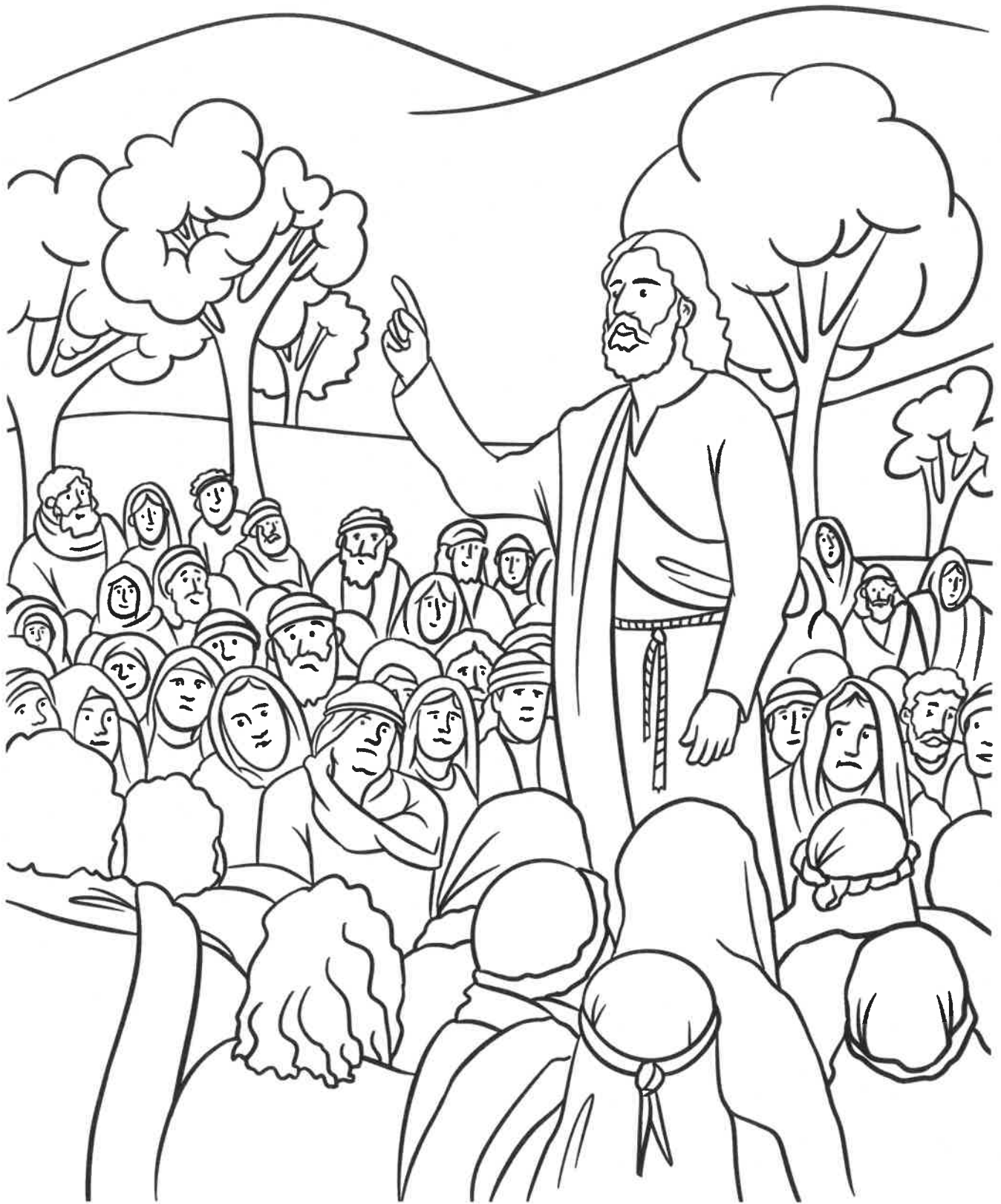
# Coloring Page



The Sermon on the Mount  
Matthew 5:1-12



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Sermon on the Mount (Matthew 5-7)