

The Beatitudes

MATTHEW 5:1-12

This week's theme is **BLESSED**. In the Beatitudes, Jesus taught the crowd about who was blessed by God. They were surprised to learn that those who struggle and suffer are blessed.

Do the Opposite

In Jesus' time, people thought blessings were given only to people with lots of good things in their lives. Jesus turned this idea upside down. Play "Simon Says" in reverse. When "Simon Says" to do something, everyone does the opposite. For example, if "Simon says hop on your right foot," hop on your left foot instead.

Stacking Cups

Peacemakers work together. Cut four arm-length pieces of string and tie each one to a hairband, spaced evenly apart. Hold one piece of string while three other people hold the others. Work together to use the hairband web to pick up and stack six upside-down cups in a pyramid.

Inside and Outside

Cut heart shapes from white paper and fold them in half. Make a design on the left side, and then trade with a family member. Continue the design on the right side of the heart so both sides match. We bless one another when we share God's love.

This week
our family is
praying for . . .

Sharing the Beatitudes

Read Matthew 5:1-12 together. After each beatitude, take turns naming one way that God has blessed your family. When you finish the passage, hold hands and say, "Thank you, God, for blessing us in so many ways!"

Blessing Others

We can bless others by being kind and helpful. Brainstorm ways you can bless friends and neighbors this week. Write them on sticky notes and stick them to your refrigerator. Take one idea with you each day and bless someone in that way.

Breakfast Is Served

Ask several church families to purchase nonperishable cereal, juice, and breakfast bars. Put the treats in a large bag and deliver it to a local food shelf or shelter. We can show mercy by providing for those in need.

Justice for All

Jesus taught that those who seek justice and fairness will be blessed. Consider having your family become pen pals with a person being detained. Look online for programs that connect families with detainees.

Whirl

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