A Recipe For Happiness The Beatitudes KZ Lesson Sun Am 1/17/21

# Memory Verse: Matthew 5:8 (NKJV)

**8**Blessed *are* the pure in heart, For they shall see God.

Target Thought: When our attitude is right, we enjoy fellowship with Jesus.

Matthew 5:1-12 (NKJV)

**5**And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. **2**Then He opened His mouth and taught them, saying:

**3**“Blessed *are* the poor in spirit, For theirs is the kingdom of heaven.  
**4**Blessed *are* those who mourn, For they shall be comforted.  
**5**Blessed *are* the meek, For they shall inherit the earth.  
**6**Blessed *are* those who hunger and thirst for righteousness, For they shall be filled.  
**7**Blessed *are* the merciful, For they shall obtain mercy.  
**8**Blessed *are* the pure in heart, For they shall see God.  
**9**Blessed *are* the peacemakers, For they shall be called sons of God.  
**10**Blessed *are* those who are persecuted for righteousness’ sake,  
For theirs is the kingdom of heaven.

**11**Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. **12**Rejoice and be exceedingly glad, for great *is* your reward in heaven, for so they persecuted the prophets who were before you.

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." Jesus taught people because He loves them and wants them to have a happy life. He taught them a lesson we call "The Beatitudes." Each one of the beatitudes starts with the words, "Blessed are they..." Some translations of the Bible use the word happy instead of blessed. So this is Jesus’ recipe for us to be happy. When we obey Jesus, w will be blessed, and Jesus wants us to be happy.

Have you ever met someone who was mad, sad or angry all of the time? Is that a good attitude? Have you ever met someone who is happy and thankful most of the time? Is that a good attitude? What kind of attitude do you think Jesus has? Why? Does it accomplish anything to be sad, mad or angry all the time? What does it accomplish when we are happy and thankful? How do think Jesus wants us to be? ( a beautiful attitude.)

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. Beatitude also means beautiful attitude. Someone can be beautiful or handsome and have an ugly heart. Our true beauty comes from loving and living like Jesus. 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.

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

* 1. Why does Jesus teach people?
  2. How do you think Jesus wants us to be?
  3. Where does true beauty come from?