

 Matthew 5–7 (abridged)

01/05/2020

Teachers Dig In**Dig In to the Bible**

- Read: Matthew 5–7 (abridged)
- In This Passage: Jesus preaches a sermon known as “The Sermon on the Mount.” He talks about living differently than people expect by loving our enemies, giving privately, not worrying, not judging others, and more. Jesus lived differently and set the example for us.
- Bible Point: Jesus is different...
- Application: ...so we live differently.
- Summary Verse: “Worship the Lord with gladness. Come before him, singing with joy” (Psalm 100:2).

Dig Deeper

- You’ll Be Teaching: *Jesus is different*. Being different (or weird) isn’t usually something kids aspire to. They don’t typically want to stand out as unusual! Help kids see that when we live the way Jesus lived, we *will* stand out...and that’s a good thing! Living differently is how we shine his light in our world.
- Think About: How has your Christian faith made you stand out? How do you feel about that?

Dig In to Prayer

- Pray that kids would live differently to shine Jesus’ light to those around them.

Quick Tip

- This lesson may get your kids asking a lot of questions. It’s not likely a Bible point they’ve learned in Sunday school before! Foster an atmosphere that encourages and accepts kids’ questions. Their questions mean they’re thinking deeply about what you’re teaching, and that’s a good thing! It’s okay if you don’t know all the answers; you can still invite the questions.

This Lesson at a Glance



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Kids look at the room upside down, work in groups to explore how Jesus' way seems upside down, and walk against a crowd.

Supplies

- Bibles
- paper
- pens
- "Live Differently" handout (1 per child) (download [here](#))
- whiteboard or poster board
- dry-erase markers or regular markers

Easy Prep

- Think of simple ways to make your classroom feel backward or different. For example, you might teach on the side of the room opposite of where you usually teach, flip posters upside down, or have kids sit on the floor instead of in chairs.



LIFE APPLICATION WRAP-UP

Kids pray about being salt and light in the world.

Supplies

- chart from Core Bible Discovery
- flashlight
- saltshaker with salt



OBJECT LESSON

Kids bend water with static.

Supplies

- cups (2 for every 3 kids)
- inflated balloons (1 for every 3 kids)
- wool pieces (1 for every 3 kids)
- water
- buckets or large bowls (1 for every 3 kids)



HIGH-ENERGY GAME

Kids play a balloon game where the two teams have opposite goals.

Supplies

- balloons (2 or 3 per child)
- large trash bags
- upbeat music (optional)
- music player (optional)

Easy Prep

- Inflate the balloons, and place them in trash bags to keep them contained until game time.



LOW-ENERGY GAME

Kids play a game of Charades where they act out opposites.

Supplies

Easy Prep

- index cards
- pen or marker

- Make a set of cards for the game by writing the following actions, 1 action per card, on index cards.
 - Standing still
 - Moving backward
 - Feeling sad
 - Whispering
 - Pointing up
 - Being brave
 - Tying shoes
 - Feeling happy
 - Looking down
 - Sitting
 - Being wide awake
 - Feeling cold
- Then stack the cards with the words facedown.



CRAFT

Kids make colorful sun catchers.

Supplies

- disposable tablecloths
- “Light-of-the-World Catchers” handout (1 page per child, with enough printouts to provide options) (download [here](#))
- disposable dessert plates (1 per child)
- colored pencils
- scissors
- vegetable oil
- cotton balls
- stapler
- hole punch
- string
- plastic tablecloths

Easy Prep

- Make a sample craft to show kids.
- Cover your tables with plastic tablecloths.

**Marked supplies are also used in Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



Supplies

- Bible

Welcome

- Thank kids for coming.
- Just for fun, have kids thumb wrestle with a friend.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids sing “Happy Birthday” with their lips tucked over their teeth.
- Collect the offering.

Introduce the Lesson

Say: **Today we’re going to learn that Jesus is different, so we live differently. Let’s think about doing things differently.**

Share

- Tell kids a way *you* wish you’d traveled to church that’s different from the way you actually traveled. For example, maybe you’d have flown in on a rocket ship or ridden in on an elephant.
- Have kids form pairs. Ask kids to share a different way *they’d* like to travel to church.
- After partners have discussed, ask two or three kids to share with the whole group what they talked about with their partners.

Summarize

Open a Bible to Matthew 5, and say: **It’s fun to think of different ways to travel to church, but that’s not what Jesus means when he talks about being different. He talks about living differently in a way that shines his light! Let’s dig in to the Bible to find out more about what Jesus said. The Bible is a really special book, unlike any other book. In it, Jesus shows us how to be different. God is here right now, ready to talk to you! Let’s praise him.**

Pray, praising Jesus for being different.



Supplies

- Bibles
- paper
- pens
- “Live Differently” handout (1 per child) (download [here](#))
- whiteboard or poster board
- dry-erase markers or regular markers

Easy Prep

- Think of simple ways to make your classroom feel backward or different. For example, you might teach on the side of the room opposite of where you usually teach, flip posters upside down, or have kids sit on the floor instead of in chairs.

Flip Upside Down

Say: **Today we’re learning that Jesus is different, so we live differently.**

Ask: • **What do you notice that’s different about our room today?**

Say: **In today’s Bible story, Jesus taught about living in a way that was different from what everyone expected. In fact, he seemed to flip everything upside down! Let’s imagine what that was like.**

Have kids lie on the floor and imagine that the ceiling is the floor of your room and the furniture is hanging down from the ceiling. Have kids share their observations and imaginings of what the room would be like if everything were upside down. Ask them to share what might be challenging, impossible, or even better if things were upside down.

Say: **In our Bible story, Jesus wasn’t talking about things being literally upside down. He talked about a *lot* of ways to live differently. We’re going to look at four of the things he talked about.**

Work in Groups

Have kids form four groups, and assign each group one of the following passages. You can give kids the “Live Differently” handouts for reference. (Note: The passage for the fourth group is a little longer and may be more difficult for novice readers to read and comprehend. Consider having an adult or teen helper join with this group to help kids read and understand the passage.)

- Read Matthew 5:21-22. Cross your arms like you would if you were angry. Notice which arm you put on top. Then try to cross your arms with the opposite arm on top. It feels really weird! Prepare to talk about what Jesus said and why it was the opposite of what we usually do. You’ll also show the rest of the class what you did with crossing your arms.
- Read Matthew 5:38-42. Using the hand opposite the one you usually use, write two or three sentences that summarize why what Jesus said about revenge was the opposite of how most people would act. You’ll read your sentences to the class later and show how messy your handwriting is when you write with the opposite hand.
- Read Matthew 6:19-20 and 6:24. Practice walking backward and talk about how storing up treasures in heaven is the opposite of how people normally think. You’ll walk backward later as you tell the rest of the class your observations.
- Read Matthew 6:25-34. Fold your hands like you’re praying. Notice which thumb is on top. Then try to fold your hands with the opposite thumb on top. It will feel really strange! Prepare to talk about why trusting God instead of worrying is different from how most people act...and fold your hands the “wrong” way when you share!

Allow about five minutes for groups to read and prepare to share their observations. Then have groups take turns presenting what they learned. After each presentation, have kids share what they would consider the human way and what is Jesus’ way. On a whiteboard or poster board, make a chart that reflects what kids share. Label one column “The Human Way” and the other “Jesus’ Way.”

Ask: • **How did it feel when you had to do things backward or the opposite of the way you usually do them?**

• **Look at our chart. Why do you think Jesus wants us to live so differently from how most people do?**

Say: **Jesus is different, so we live differently. People usually think anger isn’t as bad as murder**

and that it's good to get a lot of money and possessions. A lot of people worry, and revenge seems like it's just giving people what they deserve. But that's not how Jesus wants us to live. Jesus wants us to live differently!

Go Against the Crowd

Have kids line up on one side of the room, with one child on the opposite side of the room. If necessary, set boundaries so kids have to crowd together in order to cross the room.

Say: **At school or other places, living differently might feel like going against the crowd.** Think of an example of doing the opposite of what most people would do in order to follow Jesus. Then say that thing aloud as you cross the room one way while everyone else crosses the room the other way. After you've set the example of how to play, have kids take turns crossing the room one way while everyone else goes the other way. (If kids need help thinking of examples, you could suggest going to church over playing sports, not gossiping, letting others go first, or befriending someone who is alone.)

Repeat until every child has a turn to cross the room against the crowd.

Ask: • **What's one word that describes what it was like trying to cross the room the opposite way?**

• **Tell about a time you did something different from those around you.** Share your experience first; then let kids share.

Say: **Jesus is different, so we live differently. When we're at school, it can be hard to go against the crowd. But we have this place—church—where we're all going the same way and living Jesus' way! We can all encourage each other to go the same direction.**

So remember, when everyone else is going against God's direction, Jesus is different, and he helps us go against the crowd and live his way.

Keep the chart up for reference in the Life-Application Wrap-Up activity.



Supplies

- chart from Core Bible Discovery
- flashlight
- saltshaker with salt

Bless the Kids

Read Matthew 5:16. Say: **Jesus is different, so we live differently. When we live differently like Jesus did, we shine his light in a dark world. We're like salt that adds flavor to the world!**

- Have kids look at the list from Core Bible Discovery and choose two things from the "Jesus' Way" column that they need help doing.
- Turn off classroom lights.
- Shine a flashlight on each child as you pray: **God, help [name of child] shine your light.** Then the child can ask for help shining Jesus' light while doing one of the things from the chart.
- Have kids cup their palms.
- Sprinkle just a small pinch of salt in each child's palm as you pray: **God, help [name of child] to be salt to others.** Kids can hold the salt and pray silently for help doing the other thing they selected from the chart.

Wrap Up

Pray: **Jesus, you're different. You lived differently than other people because you're God! Help us live differently like you. In your name, amen.**

Thank kids for coming, and encourage them to come back next week.



OBJECT LESSON

Pour a Different Way

[10 min]

Supplies

- cups (2 for every 3 kids)
- inflated balloons (1 for every 3 kids)
- wool pieces (1 for every 3 kids)
- water
- buckets or large bowls (1 for every 3 kids)

Tip

- If your room has a sink, you can do this experiment with a water spigot, too. Simply place the cup in the sink and use the balloon to bend the water into the cup.

Pour and Bend Water

Say: **When we're following Jesus, we might do things differently than other people. When people around us are mad, we choose to forgive. If people want to fight, we choose to be kind. It's good to be different if we're following Jesus. Let's do an experiment where water will flow differently because it's following a balloon!**

- Form trios, and give each group an empty cup, a cup of water, a bucket, and a balloon. Make wool available if groups need it.
- Have one child, the Holder, hold the empty cup over the bucket.
- Have another child, the Pourer, hold the cup of water 12 inches above and slightly to the side of the empty cup.
- Have the third child, the Charger, charge the balloon by rubbing it vigorously on a piece of wool or on his or her hair for about 20 seconds.
- When the balloon is charged, the Pourer will slowly pour water from the cup, holding it to the side rather than directly above the other cup. As he or she pours, the Charger will hold the charged side of the balloon near the stream of water to bend it and guide it sideways into the cup.
- When the water cup is empty, have kids pour any spilled water back into a cup, swap roles, and repeat the experiment again. Make sure each child has an opportunity to do each role.

Talk About It

Ask: • **What impact did the static have on the water? Why do you think it did that?**

Say: **The balloon made the water flow differently and end up where it was supposed to go—inside the cup! It's good to be different, because when we're following Jesus, we end up in the exact place he wants us to be. We're different on purpose!**

Ask: • **Tell about a time following Jesus led you in a different direction from what you expected.**

Share an example from your own life to begin.

Say: **Jesus is different. He taught and did things differently on purpose! When we follow him, we live differently, too!**



Supplies

- balloons (2 or 3 per child)
- large trash bags
- upbeat music (optional)
- music player (optional)

Easy Prep

- Inflate the balloons, and place them in trash bags to keep them contained until game time.

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Keep the Balloons Up and Down

Say: **Today we discovered how Jesus is different, so we live differently. Being different isn't easy, and sometimes when we're feeling different it might seem like we're doing something the wrong way. I'll show you what I mean with a fun game!**

- Form two teams with one team having roughly two-thirds of the kids and the other having one-third of the kids.
- Tell the larger team their goal is to bop the balloons to the floor and keep the balloons down.
- Tell the smaller team their goal is to bop the balloons up and keep the balloons in the air.
- Have everyone spread out, and dump the balloons from the trash bags.
- Give a signal to start the game and, if you like, play upbeat music while kids play.
- Switch teams a few times so everyone gets a turn on the smaller team.

Talk About It

Ask: • **What was it like to have a different goal from most people?**

Say: **More people were trying to keep the balloons down, but that doesn't mean they had the right goal. Just because more people are doing something doesn't necessarily mean it's right.**

Ask: • **When have you had to be different to do what's right?** Share an example of your own, such as not joining in making fun of someone else or helping someone when everyone else kept passing that person by.

Say: **Following the crowd isn't always best, but following Jesus is. That might mean standing out from the crowd, but it's okay to be different. Jesus is different, so we live differently.**



Acting Different

Supplies

- index cards
- pen or marker

Easy Prep

- Make a set of cards for the game by writing the following actions, 1 action per card, on index cards.
 - Standing still
 - Moving backward
 - Feeling sad
 - Whispering
 - Pointing up
 - Being brave
 - Tying shoes
 - Feeling happy
 - Looking down
 - Sitting
 - Being wide awake
 - Feeling cold
- Then stack the cards with the words facedown.

Act Out the Opposite of the Cards

Say: **Today we discovered a lot of ways Jesus is different. We can follow Jesus and be different like him, but sometimes doing things differently is hard. Let's play a game to see what that's like.**

- Have everyone sit in a circle, and place the stack of cards in the center.
- Have kids take turns being the Actor, who will stand in the center.
- The Actor will draw a card from the deck and silently read what's on the card, making sure no one else sees it.
- Then the Actor will act out the *opposite* of what's on the card, and all the other kids will call out answers of what they think the card says. For example, if the card said "running quickly," the Actor might run in slow motion.
- The first person to guess correctly can be the new Actor and will draw a new card.
- To help everyone grasp the idea of the game, draw a card from the set and act out an opposite action. Guide kids in guessing what's on the card by thinking of what's the opposite of what you're doing.
- Stay in the center to help kids read or brainstorm ways to act out the opposite of what's on the cards.
- Play until all the cards have been used or time's up.

Talk About It

Ask: • **What was the hardest part of the game, and why?**

Say: **You had to think really differently for the game whether you were guessing or doing the action. You had to think in opposites. Sometimes following Jesus means thinking and doing things differently than we have been, and it might not be easy at first.**

Ask: • **What's something you've learned to do that wasn't easy at first?** Share an example of your own, such as learning to speak a different language or having to use your nondominant hand to do things.

Say: **Jesus is different, so we live differently. Maybe we'll treat others differently—with more kindness and love—or we'll be more patient with ourselves and our families. Sometimes it's hard, but Jesus showed us how to do it, and he's always ready to help us!**



Supplies

- disposable tablecloths
- “Light-of-the-World Catchers” handout (1 page per child, with enough printouts to provide options) (download [here](#))
- disposable dessert plates (1 per child)
- colored pencils
- scissors
- vegetable oil
- cotton balls
- stapler
- hole punch
- string
- plastic tablecloths

Easy Prep

- Make a sample craft to show kids.
- Cover your tables with plastic tablecloths.



Make Sun Catchers

Show kids the sample craft you made, holding it up to a window or light. Set out the supplies to share. Have kids follow these directions to make sun catchers.

- Choose one of the pages from the “Light-of-the-World Catchers” handout.
- Turn a plate upside down, set it over the coloring page you chose, and trace around it.
- Using colored pencils, color the coloring page only inside the circle you traced.
- Cut out the circle.
- Pour vegetable oil on a cotton ball, and rub it generously all over your paper. Get more cotton balls and oil if you need to.
- Cut the center out of a plate.
- Staple the edge of the plate to the edge of the circle you colored.
- Punch a hole in the top of your sun catcher.
- Loop string through the hole, and tie a knot so your sun catcher can hang.
- Hold your sun catcher up to a window or light, and watch the light shine through your picture!

Talk About It

Ask: • Describe the way your picture looks when the light shines through it.

• What are some ways you can let Jesus shine through you?

• Why would that make you different?

Read Matthew 5:16. Say: **Jesus is different, so we live differently.** When we do, we let Jesus' light shine through us so others can see him in our lives. It's kind of like how our sun catchers catch the light and make the sun catchers look good to anyone who sees them!

Have kids take their sun catchers home and show them to their friends and families as a reminder to live differently and shine Jesus' light.

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