

## Three easy steps for an at-home experience!



### BIG IDEA: WE ARE BLESSED

In this week's lesson, we learn about the first part of the Sermon on the Mount: The Beatitudes. The beatitudes describe the holy attitudes of true followers of Jesus. And they talk about the rewards we will receive if we have these attitudes... some we get on earth and some in heaven. But these attitudes seem pretty up-side-down compared to what the world teaches. We want your kids to learn that loving and following Jesus, even when life is hard, bring great blessings to our lives.



#### STEP ONE: READ THE BIBLE STORY

Matthew 5:1-12 in the NIV Bible.  
Our story is not found in the [Read With Me Bible](#).

#### STEP TWO: WATCH THE TEACHING VIDEO

Available at [youtube.com/eastviewkids](https://youtube.com/eastviewkids)  
Life with Jesus - Week 1



#### STEP THREE: CHOOSE AN ACTIVITY

**FOR ALL KIDS:** Overflowing blessings

**Materials:** Small cup, large cup filled with water, cereal that will float like Cheerios, marbles

Ask your family members if they know what a blessing is. Explain that God blesses us in many ways--clean air to breathe, food, family, homes, etc. Jesus teaches that we are also blessed because of the attitudes we have. When we focus on our blessings, we are so much happier!

Let's take a look at this little experiment--it'll show you what I mean.

Take out the smaller cup and fill it with water as full as possible.

The cup looks full, doesn't it? Let's see if we can make this Cheerio float in the center of the cup.

Drop a Cheerio into the filled cup and watch as it moves to the side of the cup. Take the Cheerio out.

Well, what if we add some blessings? Let's pretend these marbles are blessings.

Add marbles one by one, each time giving an example of a blessing. Watch as the water rises higher than the brim--but be sure to stop before it overflows.

Because God gives us so many blessings, our cup is more than full! Let's see what happens now when we put the Cheerio in the cup.

Drop another Cheerio onto the surface of the water.

Look! The Cheerio stays right in the center! That is amazing! And you know what? We can do amazing things for God because of the blessings he gives us!



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# eastview kids family worship

## **FOR ALL KIDS:** Habits

**Materials:** None

Use this object lesson to discuss how we develop habits in our lives without even knowing it.

In the Sermon on the Mount, Jesus teaches about the attitudes we should train our hearts and minds to have.

Ask your family members to clasp their hands, interlocking their fingers and crossing their thumbs (demonstrate for them).

Look at your hands. Do you see anything strange? Of course not. Now pull your hands apart and shake them a few times. OK, put your hands back together again like before. What do you notice? You always put the first finger of the same hand on top and you always put the thumb of the same hand on top.

Try it again. Now take your hands apart and try to switch and put the opposite finger on top. Feels weird, right?

Give them a few moments to experiment. Then explain that sometimes we develop habits in our lives without even knowing it. Some are good habits and some don't really matter much (like clasping our hands together). But habits can be bad, too.

When Jesus taught about the Beatitudes, He was teaching us about the ways we should train our minds and hearts. Sometimes our "go-to" way of doing something isn't the best way. We can let the Holy Spirit work in us to change our attitudes and actions. Being humble, merciful and pure of heart are characteristics that will lead to blessings from God.



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