

The Beatitudes

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Session 1:	What is happiness?
Series:	The Beatitudes
Themes:	happiness, contentment, Sermon on the Mount
Bible Passage:	Matthew 5:1-12
Suggested age group:	11-14s
Session aims:	To help young people consider what makes a person truly happy To help young people begin to discover how Jesus taught us to live

Way in 1 – What’s the value?

Time: 7-10 mins

Bible knowledge: n/a

With: *coloured paper in eight different shades cut into 2cm squares (enough so that each person has one square of every colour)*

1. Give each young person one set of coloured squares (each set should have the same number of squares and the same number of each colour).
2. Announce that each square has a different point value but the young people will not know the points until the end of the game.
3. Ask the young people to begin exchanging their squares of paper according to what they think each is worth. Keep an eye on the young people who are not exchanging very much and listen to reasons why some colours are being exchanged and others are not.
4. After about three to five minutes, stop the exchanges. Give the values for each square of paper and ask the young people to add up their points. The person with the most points wins.

Black- 8 points

Red- 2 points

Green- 3 points

Yellow- 4 points

Orange- 10 points

Pink- 1 point

Purple- 6 points

Blue- 9 points

5. Ask: Why did some people not exchange a lot of colours? What are some of your reasons for exchanging certain colours? Make the following points:
 - Some people were content with what they already had so did not exchange.
 - Some people valued certain colours more than others.
 - Sometimes the values of items were not what we expected.

Way in 2 – Serious Laughter

Time: 5-7 mins

Bible knowledge: n/a

1. Divide the group into two teams. Ask one person on each team to lie on the floor. Then, ask the next person to lie down with their head on the first person’s stomach. Ask the rest of the team to continue with each person’s head on the previous person’s stomach. (If the young people are not comfortable with this, ask them to stand in a circle holding hands)

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2. Ask the first person on each team to shout 'Ha!', the next to shout 'Ha!Ha!', the next 'Ha!Ha!Ha!', and so on. The only rule is that each team must not smile or laugh. This is serious laughter. If a group member smiles or laughs, the team must start again with the first person.
3. The team that makes it to the last player without laughing wins.

Connecting 1 – True happiness

Time: 7-10 mins

Bible knowledge: limited

With: marker pens, resource sheet 1 'What is happiness?' printed on A3 paper

1. Ask: How many of you would like to be happy? What types of things make you happy? How many of you would like to be content? What types of things make you content? Is there a difference between these two words? We can find happiness and contentment by being the people that God wants us to be. One of the ways to know what God asks is by reading the Bible.
2. Explain that you are starting a series on the Beatitudes. Make points about the Beatitudes such as:
 - Part of the Sermon on the Mount- Jesus was teaching people on a mountainside
 - In the Bible, an event that takes place on a mountain usually represents important contact with God
 - Jesus is speaking to a crowd of his followers and decides to give them some tips on how to become closer to God
 - Beatitude means "supreme blessedness or exalted happiness"
 - The Beatitudes are divided into two parts: verses 3-6 focus on our relationship with God and verses 7-12 on our relationship with others
 - Not a list of don'ts but challenges for us
3. Divide the group into smaller groups of two or three. Give each group a copy of resource sheet 1 'What is happiness?' on A3 paper. Ask the groups to circle all of the words that they might not know or want to know more about in the verses e.g. righteousness, blessed. Explain that you will make a note of the words and will discuss them later on in the series.
4. Ask: What repetition do you notice in the verses? Discuss the word "blessed." Make points such as:
 - Blessed means "bringing happiness, pleasure or contentment."
 - the Greeks thought that the blessed were those that had no cares in the world- either the gods, the dead, or the rich but Jesus is saying the opposite
 - Jesus wanted people to turn their lives upside-down and live radically
 - We might want to call them "attitudes to be" instead of the Beatitudes
5. Make the point that God wants us to be truly content with our lives and Beatitudes help us to see how that can happen.

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Connecting 2 – Rules for living

Time: 5 mins

Bible knowledge: some

With: marker pens, resource sheet 1 'What is happiness?', resource sheet 2 'Ten Commandments'

1. Give each group a copy of resource sheet 1 'What is happiness?' and resource sheet 2 'Ten Commandments'.
2. Ask the group to compare the Ten Commandments with the Beatitudes. What similarities are there? What differences?
3. Explain that both are rules for living and are still valid for people today but the Beatitudes are more about being than doing – the basis of our Christian faith is not what we do, but what Jesus has done.

Responding 1 – Blessings

Time: 3-5 mins

Bible knowledge: limited

With: marker pens, sheet of poster or flip-chart paper (write 'blessed' in the centre), music CD, CD player

1. Give each young person a marker pen. Ask the group to think about how/what they have been blessed with (what they are thankful for) in their lives. Ask them to think about even the little things that they take for granted.
2. While a reflective Christian song is playing, ask the young people to write the blessings on the sheet of paper.
3. Say 'Thank you God for....' And challenge young people to state out loud the things they are grateful to God for.

Responding 2 – Upside-down lives

Time: 3-5 mins

Bible knowledge: some

With: marker pens, large sheet of paper from previous section, Post-it notes, music CD and CD player

1. Comment that Christian values are different from those of the world around. Read out the following and discuss how different these values are to the ones that Jesus was talking about.

Title: Beatitudes of Man

Happy are the "pushers": for they get on in the world.

Happy are the hard-boiled: for they never let life hurt them.

Happy are they who complain: for they get their own way in the end.

Happy are the blasé: for they never worry over their sins.

Happy are the slavedrivers: for they get results.

Happy are the knowledgeable men of the world: for they know their way around.

Happy are the troublemakers: for they make people take notice of them.

2. Ask the group to think about what radical changes they might like to make in their lives, in their school, or in the world for Jesus.
3. While a reflective Christian song is playing, ask the young people to write these radical changes on Post-it notes and place them onto the sheet of paper.
4. Ask for a volunteer(s) to pray for some of the changes.

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Resource Sheet 1 – What is happiness?

Matthew 5:1-12 - The Beatitudes

¹Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ²and he began to teach them saying:

³"Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

⁴Blessed are those who mourn,
for they will be comforted.

⁵Blessed are the meek,
for they will inherit the earth.

⁶Blessed are those who hunger and thirst for righteousness,
for they will be filled.

⁷Blessed are the merciful,
for they will be shown mercy.

⁸Blessed are the pure in heart,
for they will see God.

**⁹Blessed are the peacemakers,
for they will be called sons of God.**

**¹⁰Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.**

¹¹Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹²Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you. "

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Resource Sheet 2 – Ten Commandments Exodus 20:1-17

¹ And God spoke all these words:

² "I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

³ "You shall have no other gods before me.

⁴ "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. ⁵ You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand generations of those who love me and keep my commandments.

⁷ "You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.

⁸ "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

¹² "Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

¹³ "You shall not murder.

¹⁴ "You shall not commit adultery.

¹⁵ "You shall not steal.

¹⁶ "You shall not give false testimony against your neighbour.

¹⁷ "You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbour."

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Session 2:	God is near
Series:	The Beatitudes
Themes:	heaven, humility, mourning, suffering, comfort
Bible Passage:	Matthew 5:3-4
Suggested age group:	11-14s
Session aims:	To encourage young people to be 'poor in spirit' To encourage young people to turn to God when in need To help young people realize that God desires to comfort us

Way in 1 – Feelings

Time: 5-10 mins

Bible knowledge: n/a

With: *eight paper plates with different (but similar) facial expressions*

1. Divide the group into teams of four. Ask the teams to queue up at one end of the room and put the paper plates at the other end of the room.
2. Call out an emotion that corresponds to an expression on one of the paper plates, eg sad. The first player on each team runs from the start point to the plates and chooses a plate which they think matches the emotion and returns to the start point. Secretly record who has the correct plate and add points to their score. Make sure not to announce the answer.
3. The plates are returned the other side of the room and the next emotion is called out for player two. Call out emotions until all of the players have gone twice.
4. The team with the most points wins.

Way in 2 – Helping Hands

Time: 5-7 mins

Bible knowledge: n/a

With: *three blindfolds, items for challenges – chocolate bars, plastic cups, paper and pens, make-up*

1. Ask for six volunteers. Divide the volunteers into pairs. Have each pair stand one behind the other. The person in front puts their hands behind their backs with elbows bent; the person behind wears a blindfold, and puts their arms through the gap made by their partner's bent elbows.
2. Ask each pair to do a task, e.g. unwrap and eat a chocolate bar, draw a picture, put makeup on, build a pyramid with plastic cups, etc. The person behind does the task to the person in front, without being able to see; and the person in front gives directions without being able to use their hands. (This should be very funny.)
3. The team to complete the task first or more accurately is the team that wins.

Way in 3 – Word of the Day

Time: 5-10 mins

Bible knowledge: n/a

With: *resource sheet 1 'Word of the Day' copied and cut up, envelopes*

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1. Put the letters of each word and its definition into an envelope (i.e. using 3 envelopes per copy of resource sheet).
2. Divide the group into teams of four or five. Give three envelopes (each containing a different word) to each group.
3. Explain that each envelope contains the letters for a word that has to do with the lesson today and a description of the meaning of that word. One word has nine letters, one has eleven letters and one has fourteen letters. Ask the teams not to open the envelopes until you say “Go.”
4. Explain that when you say to start, each team will need to open the envelopes and put the letters in the correct order to make three words. Then, the team needs to think of a way to act out each of the three words.
5. When the teams are finished or when you need to stop, ask the team who finished first to stand up and demonstrate the three words. If needed, you can explain the words in more detail.

Connecting 1 – Turning to God

Time: 15-20 mins

Bible knowledge: *limited*

With: *Bibles or copies of resource sheet 2 ‘Bible Reading’*

1. Ask a volunteer to read Matthew 5:3-4. Ask: What does a beggar on the street look like? What do they do? What does it mean to be “poor in spirit”? Allow for a few answers, which will be discussed in more detail later.
2. Explain that Jesus gives an example of the “poor in spirit” in Luke 18:9-14. Ask for two volunteers to dramatise the story. Give one person the role of a Pharisee explaining that Pharisees were religious people of Jesus’ time who often thought they were better than others. Give the other person the role of a tax collector explaining that tax collectors were often mean, greedy people who were not well liked by others. Encourage the two with roles to think about how they would act if they were actually a Pharisee or tax collector. Ask the rest of the group to pretend that they are more Pharisees who are listening to Jesus’ story.
3. Discuss the story. Ask: Who do you think was the “poor in spirit” in this story? Answer: the tax collector. Explain that it was not about all of the things he did wrong but about how he came to God. He was very sorry and upset. He willingly admitted that he was a bad person. Ask: Is God asking us to be a beggar or to live in poverty? Answer: No. What is he asking us to do? Allow for a few answers. Make these points:
 - God is asking us to realise that we cannot do anything on our own- that we need to hold out our hearts to God like a beggar holds out his hands
 - God is asking us to realise that we are not perfect but that if we ask him for help he will be there (less of us and more of God)
 - God is asking us to come to him with our struggles, insecurities, and sins so that he can make us whole and give us a purpose in life
4. Explain that this can be connected to verse 4 of the Beatitudes. Ask a volunteer to read this verse. Ask: What is mourning? Answer: Sorrow or grief, esp. over a death.

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(www.freedictionary.com) The Christian understanding of mourning would also include being sad about the things we have done wrong. Make the comment that just like in the verse 2, God is saying that it is acceptable to be sad sometimes and to realise that we cannot do everything on our own. He is asking us to come to him for comfort and help. The word comfort means “to call near” so God is saying that he will draw us near to him when we are sad.

5. If you think it is appropriate, ask: Who has received comfort from another person when you were sad or mourning? Make the comment that often people on earth do not know what we need but will try to comfort us. However, God knows all of our needs and he can lift us out of any sadness if we turn to him.
6. Look back at the second half of verse 3 in the Beatitudes- “for theirs is the kingdom of heaven”? Why would we want the kingdom of heaven? Allow for answers about heaven.
7. Read Revelation 21:1-4. Make these points:
 - All who trust in God will be in heaven where there is no more evil, sadness, sickness, loneliness, etc.
 - God wants to reward us with this special place because we have given up ourselves and looked to him for all of our needs. It is about a relationship with God where we realise that he is the only one who can forgive us for all the wrongs we have done.

Connecting 2 – Taking it Further

Time: 5 mins

Bible knowledge: some

With: Bibles or copies of resource sheet 3 ‘Taking it further’

1. Jesus commends the ‘poor in spirit’ and ‘those who mourn’, but that does not mean he wants us to give up everything and live like a beggar, or to be weeping and wailing all the time. But how does he want us to live?
2. The people who heard Jesus saying these words, would have associated them with mourning or being sad about things they had done wrong. Ask whether our sins ever cause us to feel sad.
3. Ask a volunteer to read Matthew 23:12. What is Jesus asking us to do? Allow for a few answers.
4. Ask a volunteer to read James 4:7-10 and 2 Corinthians 7:10. Ask: What does it mean to be truly sorry for something we have done wrong? How does God want us to act/feel when we have sinned? Make the comment: God wants us to put our hope in Christ not in earthly things because they do not last. Often the world thinks that everyone should be happy all of the time but sometimes we need to be sorry for the wrong things we have done and sad over the problems in the world.

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Responding 1 – Dependent?

Time: 3-5 mins

Bible knowledge: *limited*

1. Ask the group to think about the three words described in the Word of the Day game (if you used Way In 3) at the beginning of the session. If necessary, define them again.
2. Ask them to think about which of the words describes their relationship with God. Comment that living as a Christian is not so much about self-denial (e.g. giving up chocolate for lent) as denying self – letting God take control of their lives. Ask them what difference it would make to the things they do, if they allowed God to be ‘the boss’ of their lives. (They do not have to share this.) Give a minute or two for them to think.
3. Pray for the group.

Responding 2 – God’s heavenly kingdom!

Time: 5-7 mins

Bible knowledge: *some*

1. Divide the group into smaller groups of four or five.
2. Ask each group to think about the statement “God’s heavenly kingdom!” Ask them to share ideas within the small group about what might make heaven so wonderful, how will it differ to any earthly kingdom? Philippians 3:20 tells us that we are citizens of heaven – how do our life-styles characterize God’s heavenly kingdom.
3. Then, ask each group to think about things happening in the world around them that make them sad, e.g. poverty, war, etc. Ask them to share the ideas within the small group.
4. Ask each group to spend two or three minutes in prayer about the issues they have discussed.

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Resource Sheet 1 - Word of the day

D	E	P	E	N	D	E
N	T					
I	N	D	E	P	E	N
D	E	N	T			
I	N	T	E	R	D	E
P	E	N	D	E	N	T

Word Description 1: relying on another person to supply everything you need without being able to do anything for yourself

Word Description 2: free from the influence, guidance, or control of others; fully self-reliant

Word Description 3: mutually relying on another person; doing most things for yourself but asking for help when you need it

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Resource Sheet 2 – Bible reading

Matthew 5:3-4

³Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴Blessed are those who mourn, for they will be comforted.

Luke 18:9-14

Jesus told this story to some people who thought they were very good and looked down on everyone else:

"A Pharisee and a tax collector both went to the Temple to pray. The Pharisee stood alone and prayed, 'God, I thank you that I am not like other people who steal, cheat, or take part in adultery, or even like this tax collector. I give up eating twice a week for a special time of prayer with you, and I give one-tenth of everything I get!'

"The tax collector, standing at a distance, would not even look up to heaven. But he beat on his chest because he was so sad. He said, 'God, have mercy on me, a sinner.'

I tell you, when this man went home, he was right with God, but the Pharisee was not. All who make themselves great will be made humble, but all who make themselves humble will be made great."

Revelation 21:1-4

¹Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. ²I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. ³And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. ⁴He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

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Resource Sheet 3 – Taking it Further

Matthew 23:12

¹²For whoever exalts himself will be humbled, and whoever humbles himself will be exalted.

James 4:7-10

⁷Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. ⁹Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom.

¹⁰Humble yourselves before the Lord, and he will lift you up.

2 Corinthians 7:10

¹⁰Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

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Session 3:	Hungry for God
Series:	The Beatitudes
Themes:	righteousness, obedience, God's will
Bible Passage:	Matthew 5:5-6
Suggested age group:	11-14s
Session aims:	To encourage young people to desire what God wants for their lives To help young people consider a positive view on submission and obedience

Way in 1 – Fabulous Food Quiz

Time: 7-10 mins

Bible knowledge: n/a

With: resource sheet 1 'Fabulous Food Quiz', paper, pencils

1. Divide the group into teams of three or four. Give each group a sheet of paper and pencil for recording their quiz answers.
2. Ask the questions from resource sheet 1 'Fabulous Food Quiz'.
3. When finished with the questions, ask the teams to pass their paper to the team on their left to mark the answers. Read out answers. The team with the most points wins. (You might want to have a food prize for the winning team.)
4. Quiz answers: Answers: 1.a 2.c 3.b 4.c 5.b 6.a 7.b 8.b 9.a 10.c 11.b 12.b 13.c 14.c 15.a (Adapted from Over 300 Games for All Occasions, p. 123, pub. Scripture Union)

Way in 2 – Thirst

Time: 5 mins

Bible knowledge: n/a

With: Three amigos DVD, DVD player

1. Play the clip from the film Three Amigos – this is shown on YouTube at <http://www.youtube.com/watch?v=tHVpJGXZ21o>. In this clip, the three amigos are in the desert on their horses. The first two guys do not have any more water but the third guy has a lot of water and is very wasteful with it. The other two guys look on with anger and desire for the water.
2. Ask the young people what they would do if they were out of water in the desert and their friend was wasting water right in front of them.

Connecting 1 – Going God's Way

Time: 15 mins

Bible knowledge: limited

With: resource sheet 2 'People Descriptions', pencils, paper, bibles or resource sheet 3 'Bible reading'

1. Ask a volunteer to read Matthew 5:5-6.
2. Ask: What is the definition of the word "meek?" Most will probably not know but they can give some answers. Accept the answers and say that you will provide a definition in a little while.

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3. Give each person a sheet of paper and ask them to draw a line down the middle of the paper.
4. Tell them that you are going to describe two different people. Explain that you are not describing what they look like but what they act like. Read the descriptions from resource sheet 1 'People descriptions'. Try not to give any physical descriptions. Ask young people to draw what they think the people would look like, one on each side of the line on their paper.
5. Ask a few young people to share their drawings. Many will probably draw the prideful person as a strong, nice-looking person and the meek person as a weak, small person. Make the points:
 - Meekness means having a gentle spirit but is not the same as weakness. Meekness does not equal weakness.
 - Meekness is actually a controlled strength- being willing to submit to others and to God, putting others first, and controlling what you say.
 - The word translated as 'meek' comes from a word that means to control wild animals – e.g. like putting a bit into a horse's mouth so that it can be controlled.
6. Ask a volunteer to read Colossians 3:12-14.
7. Discuss what it means to be "clothed" in the character traits.
8. Divide the group into smaller groups of three and have them make a list of practical ways they can "clothe" themselves with the character traits.
9. Explain that we need to ask God to help us be meek and one way we can do this is to "hunger and thirst for righteousness." Make the points:
 - Righteousness is being morally upright without guilt or sin. (www.thefreedictionary.com)
 - So, God is asking us to hunger and thirst for what is right.
 - Have you ever been really hungry or thirsty? What did you do? What if we went after God like we do food or drink?
 - Explain that this is what Jesus is saying that he wants us to want God as much as we want food or drink. We can go without food for three to five weeks before dying and water for only about three to five days.
 - What happens if we go on without God?
10. Look at the second half of the verses "inherit the earth" and "they will be filled." Explain that inheriting land was very important in Jesus' time. The more land that people had, the more important they were. But Jesus is not talking about giving us a plot of land, he is saying that we receive blessings from God and will eventually inherit heaven. He also says that we will be filled.
11. Think about a time when you had so much to eat that you were absolutely filled- maybe after Christmas dinner. Jesus is not talking about filling our stomachs but making us satisfied. When we do what is right for the right reasons (not for selfish reasons), then he will help us to become content with our lives and to live for him. What if Jesus was our number one priority? How would that change our lives with him and with others?

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Responding 1 – God-shaped hole

Time: 3-5 mins

Bible knowledge: *limited*

With: *pens, paper*

1. A 14 year-old girl once wrote:
To me the world is dances,
pop and sherbert fizz
But underneath the icing,
What an awful hole it is.
2. Read the following quotation from the famous mathematician, physicist, and religious philosopher, Blaise Pascal. “There is a God-shaped vacuum in the heart of every person, and it can never be filled by any created thing. It can only be filled by God, made known through Jesus Christ.” Augustine, an early Christian from the fourth century said, “You have made us for Yourself and our hearts are restless till they find their rest in You.” These two comments both reflect what Paul wrote in the Bible, “Our own completeness is only realised in Him” (Colossians 2:10a J B Philipps version)
3. Ask the group to think for a moment about how their heart is divided among the things they are passionate about.
4. Give each person a piece of paper and some marker pens. Ask them to draw a heart shape and then to divide it up, allocating a portion to each of the things that are important to them. Ask them to think about how much room they leave for God.
5. Then, if they are considering any type of change, ask them to segment the other side with what they would like their heart to look like.
6. Pray for the group.

Responding 2 – Heart’s desire

Time: 3-5 mins

Bible knowledge: *some*

With: *pens, heart-shaped Post-it notes, CD of ‘As the deer pants for the water’(Martin Nystrom), CD player*

1. Read Psalm 42:1-2. Ask the group to think for a moment about how often they desire to meet with God.
2. Give each person a heart-shaped Post-it note and a pen. Ask them to write out a prayer to God asking him for a desire for meekness, righteousness, or a desire to spend more time with him.
3. Play the song “As the deer” while the young people are writing prayers.
4. Pray for the group when the song is finished.

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Resource Sheet 1 - Fabulous Food Quiz

- An ounce of milk chocolate contains approximately
 - 150 calories
 - 210 calories
 - 75 calories
- What are mushrooms grown in?
 - peat moss
 - a mixture of hay and straw
 - manure and farm debris
- Which sweet is advertised with the slogan 'Have a break, have a ...'?
 - Dairy Milk
 - KitKat
 - Snickers
- Which form of pasta is said to have come from the word for the pot in which it was cooked?
 - ziti
 - spaghetti
 - lasagne
- How much chocolate do Americans consume in an average year?
 - 2 million pounds
 - 2 billion pounds
 - 4.5 million pounds
- In a box of 100 Smarties what colour is the favourite?
 - brown
 - red
 - green
- What food was thought to cause cancer and be poisonous in Europe in the 1540's?
 - cherries
 - tomatoes
 - avocados
- How many calories on average are in a 170g portion of fried beef steak?
 - 210
 - 475
 - 150
- Which of the following vegetables has the least calories in a 113g cooked portion?
 - cabbage
 - cauliflower
 - broccoli
- What type of food contains varieties such as Adelaide, Carson, Danvers, Kingston, and Nantes?
 - oranges
 - tomatoes
 - carrots
- How many people worldwide earn their livelihood from Coca-Cola?
 - approx. 5,000
 - approx. 1 million
 - approx. 7,500,000
- On a traditional French onion soup, what cheese is used?
 - morbier
 - emmental or gruyere
 - provolone
- In the year 2000, what was the most popular sweet brand in the UK?
 - Rowntree Fruit Pastilles
 - Starburst
 - Polo Mints
- How many cans or bottles of Coke do you think are consumed each day?
 - 100,000
 - 6 million
 - 601 million
- Which of the following brands of drink sold the most in the UK in the year 2000?
 - Ribena
 - Lucozade
 - Tango

The Beatitudes

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Resource Sheet 2 - People descriptions

Description 1

- This person:
 - lends a listening ear to others
 - is not selfish
 - is gentle
 - is kind
 - helps others
 - regulates what they say to others
 - admits when they are wrong

Description 2

- This person:
 - is powerful
 - is full of pride
 - is selfish
 - wants to be number one
 - criticizes others
 - wants everyone to know them
 - talks only about themselves

The Beatitudes

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Resource Sheet 3 - Bible reading

Are you hungry for

Matthew 5:5-6 (NIV)

⁵ Blessed are the meek,
for they will inherit the earth.
⁶ Blessed are those who hunger
and thirst for righteousness,
for they will be filled.



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God's Word?

Psalm 42:1-2 (NCV)

¹ As a deer thirsts for streams of water,
so I thirst for you, God.
² I thirst for the living God.
When can I go to meet with him?

Colossians 3:12-14 (NIV)

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

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