



B T r u 2 U  
X T R Y M  
M 8 K O V R

# THEME

## INTRODUCTION

# 1 WHAT MAKES YOU HAPPY?

AIMS	SCRIPTURE	KEY VERSE
<ul style="list-style-type: none"> <li>⇒ discover that Jesus taught new ways of thinking</li> <li>⇒ explore the relevance of the Beatitudes</li> </ul>	Matthew 5:1-16	<p>Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.</p> <p>Romans 12:2</p>

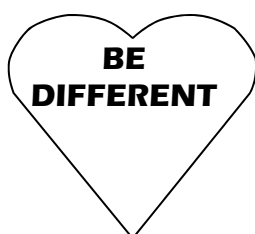
## INTRODUCTION

The Sermon on the Mount is a collection of Jesus' kingdom messages. The Beatitudes, which form the core of this teaching, are among the most important teachings of the New Testament. Through the Beatitudes Jesus introduces the paradox of kingdom living, exposing a new way of thinking about and responding to life's varied experiences. Young people need to experience this difference. They need to see in us that living as a Christian is a different lifestyle from the way people in the world live. This is a difficult concept for us to live out, but we must.

Jesus challenges us to see the essentials of life and living. In the Beatitudes, Jesus reveals that attitude and character are more important than material things and circumstances. In these few words Jesus sums up the essence of living a life within God's will. He speaks to our self-awareness in verses 3 - 6. We are blessed with the kingdom if we are "poor in spirit", that is if we think of ourselves soberly. Paul reminds you and your young people "do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you" (Romans 12:3). We are blessed when we mourn. In times of sorrow and sadness we will be comforted by God if we turn to him.

Meekness is a concept which may seem foreign to your students. Many equate meekness with weakness, but it is anything but. Meekness is power and/or strength under control. Like a horse which is broken to the bit retains his strength under the control of his rider, so when we submit to God's control, our weakness is strengthened. Where we are weak, God is strong. He will strengthen us to do the task to which he has called us.

If we are to live a Christ-like life, one that is visibly different from the world, the way we react to life's experiences must be different. When we seek to know God, not just to know about him, our daily interactions will change. God promises that our hunger and thirst after righteousness, will be met. Our heart will be purified and we will be able to extend mercy to and make peace with those around us because we have experienced them in our own lives. As we live in an ever closer relationship to God, we are able to live a Christ-like lifestyle which will speak to others.



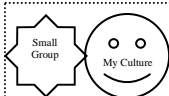
Sometimes being different means being laughed at, sometimes it means you are unique or special. Your preteens and teens may like the idea of being different or they may hate it depending on how confident they feel about themselves.

Today is an opportunity to get the message out there, that in God's scheme of things, different is happy!

### **LIFE LESSON**

***Reality can be illusive.***

## CHOOSE ONE OF THESE OPTIONS FOR A **WARM-UP**



### UNFINISHED SENTENCES

**Supplies:** copies of **RESOURCE 1A** cut, pens/pencils, small treat.

Distribute copies of **RESOURCE 1A** and ask your students to fill in the unfinished sentences as fast as possible, first person done gets a treat.

Now ask them to fold their papers and place them into whatever you can find around (box, hat, bag).

Now mix up the papers and redistribute. One by one have the students share the written answer of their classmates, but discourage any negative responses to others' answers.

One of the ways that we are all unique is in our tastes. What makes one person happy, may not be the same as what makes another person happy. What one person means by 'happy' may be different than what another person means. Jesus talked about lasting happiness, and this new Bible Study is all about finding happiness that no-one and no situation can take away.

**RESOURCE**  
pages follow  
lesson 10.



### SACRIFICE

**Supplies:** enough Hershey's kisses for each student, one larger chocolate bar/treat.

Distribute a Hershey's kiss to your students, making sure you run out before you get to the last student.

(To student without kiss) **If I had a Hershey's kiss, I would give you mine, but I didn't get one either. Is there anyone else who would like to give \_\_\_\_\_ their Hershey's kiss?**

Allow a few seconds to lapse, and encourage if you have to until someone gives up their candy.

**The Bible tells us that sometimes we have to give up something that we enjoy, love or value, and that God will reward us with something better.**

Give the person who sacrificed their Hershey's kiss the larger chocolate bar/treat.

**Sometimes we might see the benefits of our sacrifice, and sometimes it may not be obvious for many years, or perhaps not until after we die.**

**The Beatitudes, which are the theme for this new Bible Study, are going to show us some valuable things we can gain by being very different from our world.**

### MOCK AUCTION

**Supplies:** game money, several items as listed on **RESOURCE 1B**, gavel/hammer, cards with a different number for each student.

As your students enter, give each one an auction number and 10,000 dollars. Explain that you are holding an auction, that you will give a detailed description of each item and then open the floor for bids. Have some fun and do your best job as an auctioneer (or bring in a guest).

**Were you happy with the items that you bought? Why or why not?**

One of the ways that we are all unique is in our tastes. What makes one person happy, may not be the same as what makes another person happy. What one person means by 'happy' may be different than what another person means.

Jesus talked about lasting happiness, and this new Bible Study is all about finding happiness that no-one and no situation can take away.

<b>MATERIALS:</b>	<b>RESOURCE 1C, 1D</b>
Student Handout	Piece of rough wood
Bibles	Magic Mud (see recipe page 4)
Pen/pencils	<b>RESOURCE 1E (optional)</b>



Bring to class a piece of rough wood. Ask the class to take turns feeling the wood and instruct them to (lightly) rub their finger against the grain of the wood (not too hard so that you don't have any splinters to deal with).

**What happens when you rub this wood in the wrong direction?** (you could get a splinter/splinter)

**What happens when you do something that everyone thinks is really different or strange?** (people look at you funny, stare, ridicule or tease you)

**Sometimes we refer to different actions as “going against the grain”. How is being different from others represented by this expression?** (because when you do things differently sometimes you can get hurt, others may hurt your feelings because they don't like it)

Ask your students to share an occasion when they decided to be drastically different from their friends (ie. they dyed their hair, wore a crazy hat to school, etc.) Ask questions to find out how they felt, how everyone reacted, did those reactions have an effect on whether or not they would do something similar again.

### **READ TOGETHER THE INTRODUCTION ON THE STUDENT HANDOUT**

**Most of us tend to think that we will be happier if everyone around us thinks we are normal and great. We often judge our actions based on what we think is acceptable to our friends. But Jesus taught that to follow God we will need to think about things the way God thinks, not the way our friends think. Some of these teachings are found grouped together in Matthew's gospel, in a collection of sermons that Jesus preached. A particular set of verses have become known as the Beatitudes, because they are presented like sayings. There are nine of these sayings, which we are going to study.**

Sometimes there are hidden values in things which might look valueless.

### **READ TOGETHER ‘THE ANT AND THE CHRYSALIS’ (RESOURCE 1C)**

**When you find a statement that seems to tell you something contrary to common sense, we refer to it as a PARADOX** (see definition in **STUDENT HANDOUT**). **We use these expressions in our day to day life. One common paradox is "NO PAIN, NO GAIN".** (Ask your students to explain this expression in their own words and give an example of how it might be true.)

Look up the Biblical paradoxes (inside **STUDENT HANDOUT**) and discuss why they are paradoxical.

Refer your students to the inside of the **STUDENT HANDOUT** and ask them to write their own creative definition of happiness on the lines provided. Then instruct them to answer the questions: *"List three things that you think would make you very happy" and "List a reason why this might make you happy, for each".*

### **READ TOGETHER THE PARAPHRASED BEATITUDES (RESOURCE 1D)**

Jesus taught in his sermons, a radically different way of living than what people expected. During this course of study on the Beatitudes we are going to take a closer look at these teachings to discover what Jesus meant by these things, and how we can follow his example.

**Jesus promises his followers the experience of happiness. Not the short-lived happiness of getting something you want, but a happiness that will last forever, because it comes from knowing that we are loved and accepted by God. Not the happiness that comes from circumstances that you like, or from having things go your way, but a happiness that is beyond understanding because it endures even when things are awful and everything seems to be going wrong.**

**From now on when we think of the Beatitudes, think about the great joy that comes from knowing that you belong to God for eternity. Nothing in this world can take that away.**

## WRAP-UP

### NEED:

**One-two batches of 'magic mud' (recipe below). This substance is interesting in that it appears to be quite a solid paste, but when you pick it up and squeeze it, it turns to a liquid and runs through your fingers.**

**Try it!**

### MAGIC MUD

**5 tbsp cornstarch  
3 tbsp water  
Mix together until it is pasty.**



Place a bowl of magic mud on a table and spread newspaper over the table surface.

**Think about the things you wrote down that you think will make you happy. Are they the things that the world says will make you happy? Or do they seem like things that God would say bring happiness?**

**While you think about one of those things, take a handful of the mud and squeeze it as you would if you wanted to hold on to something wonderful. What happens? (it slips through your fingers, it dissolves). This is like the happiness that the world offers. It is temporary and it fades away quickly.**

While the students still have 'magic mud' in their hands, ask your students to close their eyes and listen as you read the following verses, then conclude in prayer.

**Jesus said: "I give you peace, the kind of peace that only I can give. It isn't like the peace that this world can give. So don't be worried or afraid." (John 14:27) "I've loved you the way my Father has loved me. Make yourselves at home in my love. If you keep my commands, you'll remain intimately at home in my love. That's what I've done--kept my Father's commands and made myself at home in his love. I've told you these things for a purpose: that my joy might be your joy, and your joy wholly mature. This is my command: Love one another the way I loved you." (John 15:9-11)**

**FOLLOW-UP SUGGESTION:** Ask your students to analyze 3 of their favourite songs over the following week, using RESOURCE 1E.

**LOOK AHEAD:** If you need decision pamphlets for lesson 3 order them today. See ordering information on page v of the introductory pages.

# Unfinished Sentences

Complete the sentences below:

The person I admire the most is \_\_\_\_\_ because \_\_\_\_\_

After I die, I want people to remember me as \_\_\_\_\_

The thing I look forward to most in the future is \_\_\_\_\_

10 years from now I will \_\_\_\_\_

The one thing that is too serious to joke about is \_\_\_\_\_

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10 years from now I will \_\_\_\_\_

The one thing that is too serious to joke about is \_\_\_\_\_

Copy and cut on the grey lines. One for each student.

RESOURCE 1A

# Items for Auction

**Roll up several pieces of paper and tie with ribbon and write the following on the outside:**

**Boarding passes for a luxury Caribbean cruise (starting bid 5,000)**

**Doctorate Degree (5,000)**

**Date with Justin Timberlake (or other favourite singer) (2,000)**

**Ownership for a BMW sports car (8,000)**

**Deed for a loft condo (8,000)**

**5 carat Diamond Tennis Bracelet (3,000)**

**Claim slip for 52 inch plasma tv (2,000)**

**Starring role in upcoming film (5,000)**

**Designer makeover for your bedroom (5,000)**

**Auction off the items and present the certificates. Make sure students stay within their budgeted amount.**



## The Ant and the Chrysalis



An Ant nimbly running about in the sunshine in search of food came across a Chrysalis that was very near its time of change. The Chrysalis moved its tail, and thus attracted the attention of the Ant, who then saw for the first time that it was alive. "Poor, pitiable animal!" cried the Ant disdainfully. "What a sad fate is yours! While I can run hither and thither, at my pleasure, and, if I wish, ascend the tallest tree, you lie imprisoned here in your shell, with power only to move a joint or two of your scaly tail."

The Chrysalis heard all this, but did not try to make any reply. A few days after, when the Ant passed that way again, nothing but the shell remained. Wondering what had become of its contents, he felt himself suddenly shaded and fanned by the gorgeous wings

of a beautiful Butterfly. "Behold in me," said the Butterfly, "your much-pitied friend! Boast now of your powers to run and climb as long as you can get me to listen." So saying, the Butterfly rose in the air, and, borne along and aloft on the summer breeze, was soon lost to the sight of the Ant forever.

AESOP

Copy and cut on the grey lines. One for each student.

RESOURCE 1C

## The Ant and the Chrysalis



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AESOP

## Matthew 5:3-12

*The Message*

*You're blessed when you're at the end of your rope. With less of you there is more of God and his rule.  
You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the  
one most dear to you.*

*You're blessed when you're content with just who you are--no more, no less. That's the moment you find  
yourselves proud owners of everything that can't be bought.*

*You're blessed when you've worked up a good appetite for God. He's food and drink in the best meal  
you'll ever eat.*

*You're blessed when you care. At the moment of being 'careful,' you find yourselves cared for.  
You're blessed when you get your inside world--your mind and heart--put right. Then you can see God in  
the outside world.*

*You're blessed when you can show people how to cooperate instead of compete or fight. That's when you  
discover who you really are, and your place in God's family.*

*You're blessed when your commitment to God provokes persecution. The persecution drives you even  
deeper into God's kingdom.*

*Not only that--count yourselves blessed every time people put you down or throw you out or speak lies  
about you to discredit me. What it means is that the truth is too close for comfort and they are  
uncomfortable. You can be glad when that happens--give a cheer, even!--for though they don't like it, I do!  
And all heaven applauds. And know that you are in good company. My prophets and witnesses have  
always gotten into this kind of trouble.*

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## Matthew 5:3-12

*Contemporary English Version*

*God blesses those people who depend only on him.*

*They belong to the kingdom of heaven!*

*God blesses those people who grieve.*

*They will find comfort!*

*God blesses those people who are humble.*

*The earth will belong to them!*

*God blesses those people*

*who want to obey him more than to eat or drink.*

*They will be given what they want!*

*God blesses those people who are merciful.*

*They will be treated with mercy!*

*God blesses those people whose hearts are pure.*

*They will see him!*

*God blesses those people who make peace.*

*They will be called his children!*

*God blesses those people who are treated badly  
for doing right.*

*They belong to the kingdom of heaven.*

*God will bless you when people insult you,  
mistreat you, and tell all kinds of evil lies  
about you because of me.*



## Matthew 5:3-12

*New International Revised Version*

*Blessed are those who are spiritually needy.*

*The kingdom of heaven belongs to them.*

*Blessed are those who are sad. They will be comforted.*

*Blessed are those who are free of pride. They will be given the earth.*

*Blessed are those who are hungry and thirsty for what is right. They will be filled.*

*Blessed are those who show mercy. They will be shown mercy.*

*Blessed are those whose hearts are pure. They will see God.*

*Blessed are those who make peace. They will be called sons of God.*

*Blessed are those who suffer for doing what is right,*

*the kingdom of heaven belongs to them.*

*Blessed are you when people make fun of you and hurt you because of me. You are also  
blessed when they tell all kinds of evil lies about you because of me.*

*Be joyful and glad. Your reward in heaven is great. In the same way, people hurt the  
prophets who lived long ago.*

Choose three of your favourite songs to listen to, and fill in the information below for each.

<p>Song title:</p> <p>_____</p> <p>_____</p> <p>Main phrase of chorus:</p> <p>_____</p> <p>_____</p> <p>This song is really saying "I will be happy when/if</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>I like this song because:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Song title:</p> <p>_____</p> <p>_____</p> <p>Main phrase of chorus:</p> <p>_____</p> <p>_____</p> <p>This song is really saying "I will be happy when/if</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>I like this song because:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Song title:</p> <p>_____</p> <p>_____</p> <p>Main phrase of chorus:</p> <p>_____</p> <p>_____</p> <p>This song is really saying "I will be happy when/if</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>I like this song because:</p> <p>_____</p> <p>_____</p> <p>_____</p>
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Copy and cut on the grey lines. One for each student.

RESOURCE 1E

Choose three of your favourite songs to listen to, and fill in the information below for each.

<p>Song title:</p> <p>_____</p> <p>_____</p> <p>Main phrase of chorus:</p> <p>_____</p> <p>_____</p> <p>This song is really saying "I will be happy when/if</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>I like this song because:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Song title:</p> <p>_____</p> <p>_____</p> <p>Main phrase of chorus:</p> <p>_____</p> <p>_____</p> <p>This song is really saying "I will be happy when/if</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>I like this song because:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Song title:</p> <p>_____</p> <p>_____</p> <p>Main phrase of chorus:</p> <p>_____</p> <p>_____</p> <p>This song is really saying "I will be happy when/if</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>I like this song because:</p> <p>_____</p> <p>_____</p> <p>_____</p>
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What good  
would it do to  
get everything  
you want and  
lose you, the  
real you?

Mark 8:36 (MSG)

Perhaps I could  
find lasting  
happiness if I

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HOW CAN I EXPERIENCE  
LASTING HAPPINESS?

BTru2U  
1

What makes you

HAPPY?

What makes you happy? Being with friends? Hanging out wherever you want? Knowing you can shape your future? Or maybe you don't know yet?

A nation wide survey of Canadian teens revealed that 75% are asking, 'How can I experience happiness?' Maybe you are one of them.

Jesus had a lot to say about being happy. Not just having fun, that's quite different. Where can you find happiness that will last when things don't go your way?

This Bible study is going to take you on a journey to discover things that will bring you true, lasting joy!

Don't live  
any longer  
the way this  
world lives.  
Let your way  
of thinking  
be completely  
changed.

Romans 12:2  
(NIRV)

# PARADOX

*A STATEMENT THAT  
SEEMS CONTRARY TO  
COMMON SENSE, YET IS  
PERHAPS TRUE.*

Here are some **Biblical**  
paradoxes:

In order to \_\_\_\_\_ you must first \_\_\_\_\_,  
The \_\_\_\_\_ will be \_\_\_\_\_, and the \_\_\_\_\_  
will be \_\_\_\_\_. Romans 8:12-13  
Matthew 19:30

Happiness is: \_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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I experience happiness when:  
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**L**IST THREE  
THINGS THAT YOU  
THINK WOULD  
MAKE YOU VERY  
HAPPY:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**W**HY WOULD THESE THINGS  
MAKE YOU HAPPY?  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

