

**TEXT** Matthew 5:1-12; Psalm 119:1-6

**SUPPLEMENTAL SCRIPTURES** Psalms 84:11,12; 128:1,2

**OBJECTIVE** The students will be able to give, in their own words, the meaning of each of the Beatitudes. This should help them realize the necessity of following Christ's perfect formula to obtain true happiness.

**KEY VERSE FOR ANSWER** If ye know these things, happy are ye if ye do them.  
— John 13:17

**KEY VERSE FOR SEARCH** But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.  
— James 1:25

**ANSWER TITLE:** **A Valuable Lesson**

**SEARCH TITLE:** **Ingredients for Happiness**

**REFERENCE INFORMATION**

Jesus taught His followers how man ought to live, but His teachings turned ordinary human ideas about happiness upside down. Contrary to general opinion, He taught that it is not the schemers, those who bend the rules, who are the real successes. The truly happy ones are those who recognize the futility of self-reliance and learn to depend wholly on God. Everything else follows from this. The people who can be certain of future bless-

ings are the humble, the forgiving, the pure, those who set their hearts on what is right, who try to heal the rifts.

No one is sure about the exact location for the Sermon on the Mount. Two locations are accepted—the Horns of Hattin, south of the Sea of Galilee, and the location which is now called the Mount of Beatitudes, a hilly region not far from Capernaum, toward the west.

**YOUR OPENER**

---

---

---

---

---

---

---

---

---

---

---

---

# Ingredients for Happiness

**TEXT:** Matthew 5:1-12; Psalm 119:1-6

**SUPPLEMENTAL SCRIPTURES:** Psalms 84:11,12; 128:1,2

**KEY VERSE:** But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed. — James 1:25

## RESPONSES

1. It means “happy,” but specifically the happiness that is only to be found in serving God and obeying His Word. It denotes a peace of mind. Jesus said, “My peace I give unto you: not as the world giveth, give I unto you” (John 14:27). To be truly blessed of God is different from any happiness the world can bring.

2. We must “look” into the perfect law of liberty, “continue” therein, “not be forgetful,” and “be a doer.” Discuss with your students how each of these can be accomplished.

3. We are admonished to endeavor to have all of these Christian attributes in order to receive God’s full blessing on our lives. A true disciple or follower of Christ desires to keep all His commandments.

4. Listen to the students’ answers and share with them your thoughts. Following are some suggestions you may offer.

Jesus’ teachings to His disciples and the multitudes as found in Matthew 5, 6 and 7 are known as the “Sermon on the Mount.” The blessings He pronounced at the beginning of that message are called *The Beatitudes*, which means “perfect blessedness or happiness.”

1. What is the meaning of the word *blessed*, as found in the Beatitudes?

2. In reference to our key verse, there are four requirements in order to receive the promise that we shall be blessed in our doings. List these four requirements and briefly explain each.

3. How many of the basic ingredients for happiness listed in Matthew 5:3-12 are necessary if we wish to follow Jesus and truly be His disciples?

## ADDITIONAL DISCUSSION NOTES

---

---

---

---

---

---

---

4. Listed below are eight basic ingredients Jesus gave for happiness. After each of these give a short definition of what you think is meant. In the next column, list Jesus' promise to those who exhibit that quality.

Quality	Meaning	Jesus' Promise
The poor in spirit		
They that mourn		
The meek		
They which hunger and thirst after righteousness		
The merciful		
The pure in heart		
The peacemakers		
The persecuted for righteousness' sake		

*The poor in spirit:* This quality indicates humility and absence of pride, one's realizing a need before God. Romans 12:3 tells us not to think of ourselves more highly than we ought to think. The kingdom of Heaven belongs to those who exhibit this quality.

*They that mourn:* After realizing their need, they must have a contrite spirit before God, which indicates a remorse and sorrow for their sins. God looks favorably on that one (Isaiah 66:2), and gives him comfort and forgiveness.

*The meek:* This denotes a mild and gentle spirit, and patient disposition, not easily irritated. Explain that this is just the opposite spirit of those in power in the earth, both in Jesus' time and today, but Jesus said that these (the meek) shall inherit the earth.

*They which hunger and thirst after righteousness:* Bring out that just as physical hunger and thirst are fulfilled and satisfied by food and drink, so God has promised to spiritually fill and satisfy those who have a hunger or deep desire for righteousness and the things that are pleasing to God.

*The merciful:* This shows a kindness, compassion, and willingness to forgive beyond what would normally be expected of one. Stress that they were undeserving of God's mercy, yet He gave it to them. In like manner, they should show mercy to others.

*The pure in heart:* One who exhibits holiness. Impress upon the students the importance of sanctification, holiness, purity. Jesus said that the pure in heart shall see God. Hebrews 12:14 tells us that without holiness no man shall see the Lord.

*The peacemakers:* They who make every effort to promote peace with others will be called the children of God. Jesus was called "The Prince of Peace" (Isaiah 9:6). Paul the Apostle tells us to live peaceably with all men (Romans 12:18), and James 3:18 tells us the results of the actions of those who make peace.

*The persecuted for righteousness' sake:* Jesus impressed upon His listeners that the kingdom of Heaven is the reward awaiting those who are patient and even rejoice when they are persecuted because of their righteousness. Show that the times the students are ridiculed because they are Christians cannot be compared to the sufferings some have gone through for Christ. Paul said that "all that will live godly in Christ Jesus shall suffer persecution" (2 Timothy 3:12).

## YOUR WRAP-UP

---



---



---



---



---



---



---

Summarize your lesson with the thought that there are abundant blessings available for those who will follow Jesus' requirements for happiness as outlined in the text and the key verse of our lesson.

## SUPPLEMENTAL QUESTIONS

What does *blessed* mean?

What does it mean to be “poor in spirit”? Give an example in terms of our everyday living. Go through this with each of the Beatitudes.

What do you think *mourn* means?

How do we become “pure in heart,” and who will we see if we are?

What do you think *meek* means? Why will the meek, rather than the domineering or proud, inherit the earth?

As you put on the characteristics taught in the Beatitudes, how will this show others that you love Jesus and want to live for Him . . .

in your home?

at school?

at play?

among those who are of a different race?

at Sunday school and church?

Name some prophets who were persecuted.

In what ways can a person find happiness in this life if he is poor in spirit, if he is mourning, or if he is being persecuted?

How do the Beatitudes relate to a Christian’s happiness? What verse especially indicates this?

Why did Jesus teach the Beatitudes? What have you learned about God from the Beatitudes?

In the ANSWER story, how did Chuck’s grandfather help him to understand the principles Jesus taught in the Beatitudes?

## THINGS TO DO

Draw nine happy faces on hearts, writing one of the Beatitudes on the back of each. Use these to bring out the point that we can be blessed (more than happy) if we apply the Beatitudes to our lives.

Make a matching game of the Beatitudes, dividing each verse into two parts and making two complete sets. Divide your class into two teams. Have each team open a Bible to Matthew 5, and let them race to see which team can be the first to correctly match the verses.

Try to act out each of the Beatitudes by yourself. Have your students guess which Beatitude is being portrayed.

Give each student a sheet of paper on which the word BLESSED is printed down the left side. Ask them to write as many words as they can (beginning with each letter in the word *blessed*) that are things with which God blesses people today.

## Answers for ANSWER

### A Happiness How To

Some people have a hard time understanding the Beatitudes. The word *beatitudes* means “blessings.” Those who are blessed of God enjoy great happiness and joy. In the boxes below are two ways to say the Beatitudes. One way is the Scripture from the Bible. The other is a way to say them that might be simpler to understand. Match up the Scripture verses in Box 1 to the meaning in Box 2. Put the letter from Box 2 on the line next to the verse it matches in Box 1.

#### Box 1

- E Blessed are the poor in spirit: for their’s is the kingdom of heaven. (verse 3)
- H Blessed are they that mourn: for they shall be comforted. (verse 4)
- A Blessed are the meek: for they shall inherit the earth. (verse 5)
- D Blessed are they which do hunger and thirst after righteousness: for they shall be filled. (verse 6)
- F Blessed are the merciful: for they shall obtain mercy. (verse 7)
- B Blessed are the pure in heart: for they shall see God. (verse 8)
- I Blessed are the peacemakers: for they shall be called the children of God. (verse 9)
- G Blessed are they which are persecuted for righteousness’ sake: for their’s is the kingdom of heaven. (verse 10)
- C Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven. (verses 11 & 12)

#### Box 2

- A. The earth will someday belong to those who are patient and gentle with others.
- B. God will be seen by those whose hearts are free from all sin.
- C. There is a great reward in Heaven for those who are treated badly and have lies told about them just because they love Jesus.
- D. Those who want to learn to serve God better and better will receive that wish.
- E. Heaven is for those who do not think they are better than others.
- F. Those who don’t hurt or punish anyone who is in their power will receive mercy themselves.
- G. Heaven is for those who are treated badly just because they love Jesus.
- H. Those who are sad will be comforted.
- I. God’s children are those who want to make peace.

