Preschool–Grade 6

The Sermon on the Mount

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: Jesus taught us how to live for Him: let your light shine by doing good, love others, and trust God to take care of you.
Bible passage: Matthew 5–7. Read Matthew 5:1–16, 5:43–45, 6:25–34 and 7:12 before class.
Memory verse: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." *Matthew 5:16 (KJV)*
You need: a Bible, 5 paper bowls or cups, 5 paper strips, a marker, crayons, and one take-home sheet for each child.
Before class: write the memory verse on the 5 paper strips (see part 4). Put bookmarks in your Bible at Matthew 5:1, Matthew 5:16 and Matthew 6:26.

1. Opening game: Hide or Shine (5 minutes)

Kids stand in an open space. When you call "Hide!" everyone crouches down small, like a light covered up. When you call "Shine!" everyone jumps up with arms stretched wide, like light shining out. When you call "On a hill!" everyone stands on tiptoe as tall as they can. Mix up the calls, faster and faster. Play three or four rounds. Then ask: *Which was more fun, hiding or shining?* Say: "Today Jesus sits down on a mountain and teaches His disciples how to live. And He says we should never hide our light."

2. Bible story: Jesus Teaches on the Mountain (10 minutes)

Hold up your Bible open to Matthew 5, so the kids can see the story comes from God's Word. Tell it in your own words:

Jesus went about all Galilee teaching and healing people, and great **multitudes**, which means big crowds of people, followed Him (Matthew 4:23–25). When Jesus saw the multitudes, He went up into a **mountain**. The Bible says, "when he was set," which means when He sat down, His disciples came to Him, and He taught them (5:1–2). What Jesus taught that day is called the Sermon on the Mount. A **sermon** is a teaching from God's Word. Here are some of the things Jesus taught.

You are salt. Jesus said, "Ye are the salt of the earth" (5:13). Say: "Salt makes food taste better. God wants us to make a difference for good everywhere we go."

You are light. Jesus said, "Ye are the light of the world. A city that is set on an hill cannot be hid" (5:14). A city on top of a hill can be seen from far away. Nobody lights a **candle** and puts it under a **bushel**, a big basket. They put it on a **candlestick**, a stand that holds it up high, so it gives light to everyone in the house (5:15). **Read Matthew 5:16 from your Bible:** "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Say: "Your Father which is in heaven means God. When we do good things, people see it, and they praise God."

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The story continues: **Love even your enemies.** Jesus said, "Love your enemies, bless them that curse you, do good to them that hate you" (5:44). An **enemy** is someone who is against you or mean to you. Jesus said to be kind to them and to pray for them (5:44).

Don't worry. Jesus said, "Behold the fowls of the air" (6:26). **Fowls** means birds. Birds don't plant seeds, and they don't gather food into barns, but God feeds them. And Jesus said we are worth much more than birds (6:26)! Then Jesus said, "Consider the lilies of the field, how they grow" (6:28). Lilies are flowers. They don't work and they don't make their own clothes, but not even King Solomon in all his glory was dressed as beautifully as one of them (6:28–29). If God takes care of the flowers, He will take care of you (6:30). So Jesus said, "seek ye first the kingdom of God" (6:33). That means put God first, and trust Him to give you what you need.

Treat others the way you want to be treated. Jesus said, "all things whatsoever ye would that men should do to you, do ye even so to them" (7:12). That means: do for other people what you would want them to do for you.

Jesus taught many more things on the mountain: who is **blessed**, how to pray, and about a wise man who built his house upon a rock. When Jesus finished, the people were **astonished**, which means amazed, at His teaching, because He taught them "as one having authority" (7:28–29). When He came down from the mountain, great multitudes followed Him (8:1).

3. Questions to ask (5 minutes)

1. Where did Jesus go when He saw the multitudes? *(Up into a mountain, Matthew 5:1)*
2. Did Jesus stand up or sit down to teach? *(He sat down: "when he was set," 5:1)*
3. Jesus said we are the salt of the earth and the what? *(The light of the world, 5:13–14)*
4. Who feeds the birds? *(Your heavenly Father, God, 6:26)*
5. How should we treat other people? *(The way we want them to treat us, 7:12)*

4. Memory verse: Don't Hide It! (5 minutes)

Put the 5 strips face down in a row, each one covered by an upside-down paper bowl: *Let your light so shine before men, / that they may see your good works, / and glorify your Father / which is in heaven. / Matthew 5:16.* Say: "The verse is hidden, like a candle under a bushel!" A child lifts the first bowl and shouts, "Shine!" Read that part together. Keep going until the whole verse is showing, and read it all together. Explain the old words: **so shine before men** means shine so that people can see it, and **glorify** means praise God and show how great He is. Then cover the strips again and let the kids say the verse, lifting each bowl as they say its part.

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5. What this means for us (5 minutes)

Say: "Jesus wants us to live for Him and let our light shine. God loves you very much. But everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus never sinned, and He died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! The Bible tells us how to obey the gospel, the good news about Jesus: 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like the believers did in the Bible (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.
This week: learn Matthew 5:16 by heart. Do one kind thing for someone every day, so your light shines.

6. Activity (10–15 minutes)

Choose one: the **Sermon on the Mount word search** (vbshq.com/puzzles/sermon-on-the-mount-word-search), the **Sermon on the Mount maze** (vbshq.com/puzzles/sermon-on-the-mount-maze), or the **Sermon on the Mount craft**, a city set on a hill with a candle in a house window, birds and lilies to glue on (vbshq.com/crafts/sermon-on-the-mount-craft).

7. Prayer

"Dear God, thank You for feeding the birds and taking care of the flowers, and for taking care of us too. Help us let our light shine, love others, and put You first. Thank You for loving us and coming to save us in Jesus. In Jesus' name, amen."

If a child says someone is hurting them: loving your enemies does not mean keeping a secret or staying where someone hurts you. Jesus said to pray for them (Matthew 5:44), and we also tell a parent, teacher or pastor. Follow your church's child safety policy.

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