

## Walking humbly with your God

### Matthew 5.1-12

Jesus is on a hillside speaking to a big crowd. He proclaims God's blessing on a list of people and situations where that might seem surprising: mourners, peacemakers and those who are poor in spirit, meek, hungry, merciful, pure in heart and persecuted for the sake of justice.

Now read **Matthew 5.1-12** see p.2 for text.

### A note on the passage

Some of the things Jesus lists are things we can choose to work towards, such as showing mercy or being a peacemaker. Others are things we have no control over: we do not choose when to mourn, for example. Whether we face circumstances of our own choosing, or are faced with things outside our control, when we love God and love our neighbours, we are blessed.

# WATCH



Search online for the short film 'Growing Mushrooms in the Dark' by Great Big Stories (<https://www.youtube.com/watch?v=7YnbFRjpwLU>), and watch a French mushroom farmer describe his joy in watching mushrooms grow and evolve in darkness. Can you think of a time when you grew and developed, in spite of things which made life seem dark? Where was God in that?



Cut nine equally-sized love hearts from coloured paper and decorate these to represent the nine "Blessed are you..." statements in the passage. Stick them together in a circle with the bottom points of the hearts touching in the centre so that your finished design looks like a flower, a reminder that God's blessing helps us to grow in all circumstances.

# WALK

Take a slow walk around your community. Stop and ask God's blessing whenever you see signs that life is tough for someone and whenever you see signs of organisations or projects working to help.



# BAKE



Find a recipe (such as <https://www.healthyfood.com/healthy-recipes/humble-pie/>) to cook your own version of 'humble pie'. Think about what helps us to be humble in our walk with God, and design your own recipe for humble living.



What surprisingly beautiful things grow in dark places? Have you experienced growth during or after a difficult experience?

# Pray



Look through today's newspaper, an online news website or watch a TV news bulletin. Look out for people whose circumstances are in the list of those Jesus calls blessed and offer them to God in prayer.

## Matthew 5.1-12

Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

**W**hen Jesus saw the crowds, he went up the mountain. He sat down and his disciples came to him. He began to speak, and taught them, saying:

'Blessed are those who realise how much they need God's help, for the kingdom of heaven belongs to them.

Blessed are those who are sad because of a death, for they will be comforted.

Blessed are the gentle and humble, for they will inherit the earth.

Blessed are those who hunger and thirst for goodness and justice, for they will be filled.

Blessed are the merciful, for they will receive mercy.

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

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are made to suffer for the sake of goodness, for the kingdom of heaven belongs to them.

Blessed are you when people criticise you, and hurt you and say all kinds of untrue evil things against you because you are my follower.

Rejoice and be glad, for you will have a great reward in heaven. The prophets who spoke for God long ago were badly treated, too.'

Matthew 5.1-12



### Did you know?

- These sayings of Jesus are sometimes known as the 'beatitudes', meaning things that are happy or blessed.

## Matthew 5.1-12 (NRSV)

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

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

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

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

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

'Blessed are the merciful, for they will receive mercy.

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

'Blessed are the peacemakers, for they will be called children of God.

'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.'