

LESSON 2

GOD'S TEACHING ON THE MOUNT (PART 1)



OBJECTIVES

1. To recognize our responsibility to be the salt and light of the earth and to go the second mile.
2. To emphasize that, as Christians, we need to love our brothers and our enemies and reconcile quickly when we don't get along with others.
3. To emphasize the importance of being careful of what we say because we will face judgment in the end.

MEMORY VERSE

"He has shown you, O man, what is good; and what does the LORD require of you but to do justly, to love mercy, and to walk humbly with your God?"

(Micah 6:8)

PRAYER

1. Thank our heavenly Father for gathering us here on the Sabbath day to worship Him.
2. Reflect on our past week to see if we have done anything wrong, and ask God to forgive us.
3. Ask God to open our hearts so that we can listen carefully to the words that the Lord Jesus taught when He came to the world.
4. Ask the Holy Spirit to guide the class to learn the truth in the Bible.



Overview

1. Believers are the salt and light

- Salt is useful for seasoning food, preserving, and disinfecting
- A city upon a hill cannot be hidden
- A lamp on its stand can give light to everyone
- Good deeds should be done so that others will praise our Father in heaven

2. Murder begins in the heart

- "Do not murder" is one of the Ten Commandments
- Murder begins with motive: anger; calling one's brother "you fool"
- Reconcile with your brother before praying to God
- Reconcile quickly before you are judged

3. Jesus forbids oaths

- What is an oath?
- Reasons why we should not take oaths or swear
- Let your "yes" be "yes," and your "no" be "no"

4. Go the second mile

- The Law of Moses states, "an eye for an eye and a tooth for a tooth," because God wants His people to act justly
- Do not resist an evil person
- Give more than what is asked

5. Love your enemies

- Love your enemies and pray for those who persecute you
- Be perfect like our Father in heaven, who gives the sun and the rain to both good and evil people

6. Linking to the Ten Basic Beliefs—The Bible is the word of God; Sacrament of Footwashing; Jesus' Second Coming

7. Activity—Christians Are the Salt and the Light



Background Knowledge for Teachers

Salt is an important mineral we use every day. At first, we might only think of salt as something we use to season our food, but it's also used to preserve food and as an antiseptic or disinfectant. Salt has been used in these ways since the ancient times. In ancient Palestine, the source of salt was sea water (i.e., water from the Dead Sea), but in order to harvest salt, people had to pour the sea water onto rocks and wait for it to dry. After the water dried, it would leave behind salt stuck on the rocks. Salt was an important part of religious offerings in the Old Testament (Lev 2:13), and symbolized an everlasting covenant with the Lord (Num 18:19). In the Bible, salt was also used for medical purposes, such as to rub newborn

babies (Ez 16:4). Elisha used salt to heal the water of a town that had become unproductive (2 Kg 2:21). In the New Testament, salt represented peace and graceful speech (Mk 9:50; Col 4:6).

Today, murder is defined specifically by the law of the country in which you commit it. In the U.S., a person who kills another person can be charged with first or second-degree murder. The definitions of these charges mostly boil down to the differences in the degree of intent to kill. In Matthew 5, the Lord Jesus warns us that murder begins in the heart; for example, being angry with, having ill thoughts of, or holding a grudge against our brother can lead to murder.

Raca is sometimes translated as "good-for-nothing" (NASB), and is an Aramaic word of contempt used to insult someone.

Taking oaths in the name of the Lord is a very serious matter not to be taken lightly. Breaking an oath that was made in the name of the Lord was equivalent to taking the Lord's name in vain, violating the third commandment.

According to the Law of Moses, the standard punishment for an injury inflicted upon another person was "an eye for an eye" and "a tooth for a tooth" (Ex 21:24; Lev 24:20; Dt 19:21). This was justice in the eyes of God and the law. However, in the NT, the Lord Jesus instructs us that if we happen to be a victim ourselves, we should not try to seek retribution.



Reaching Out to Your Students

As children develop in their late elementary years, they begin to make their own decisions about what is good and often try to live up to and even surpass higher standards. Many times, adults in their lives, such as parents and teachers, set these standards. They might hear their schoolteachers explain that they should try to go "above and beyond" what is required in their homework. Their parents might remind them that they're already grown up and should take up some responsibility (e.g., chores) in the home. At the late elementary age, children are able to control their emotions better than when they were younger, so these standards set by adults are often very good motivation for them.

Our God and heavenly Father also gives us standards in the Bible. The most basic set of standards is the Ten Commandments. However, as a Father, He not only wants us to keep the commandments, but also to go above and beyond so that we can be the salt and light of the world and strive to be perfect as He is.

In this lesson, you will not only teach the students about the standards of God, but also about the reasons why we keep these standards and how we can go above and beyond the call of duty.



Opener

5 Minutes

Write on the board certain types of people that most people would admire (e.g., doctors, nurses, firemen, etc.). Ask the students to think of some characteristics these people possess that make them admirable and write them on the board. (For example, doctors and nurses care for a person's health; police and firemen are brave; etc.). Explain that these are characteristics we often associate with these groups of people because we expect them to have these characteristics in order to be what they are. Now write on the board "Christians." Ask the students to think of some of the characteristics that are expected of Christians and write them on the board.

What does it mean to be a Christian? (Let the students answer.) Yes, it means to follow Christ, to be God's children, and to preach the gospel. One of the best ways to preach the gospel is to live up to what people think Christians should be.

In today's lesson, we will travel back to the time when Jesus walked on this earth. Many crowds came to listen to Him teach, because His teachings were very different from those of the scribes, Pharisees, and teachers of the law. He taught with authority from God. One day, Jesus, followed by a huge crowd of people and His disciples, sat on the side of a mountain and began to teach them that they should be perfect like the Father in heaven. These teachings, recorded in Matthew, chapters 5 through 7, are often collectively called the "Sermon on the Mount."



Vocabulary

judgment: a decision made by someone in authority about whether someone is good or bad, innocent or guilty

reconcile: to make up with your brother

adversary: someone who is against you; enemy

oath: a solemn promise made in the name of something that can guarantee the oath (e.g., in the name of the Lord, by the Bible, etc.)

swear: to make an oath



Bible Discovery & Spiritual Teaching

30-35 Minutes

FOR TEACHERS

Since this lesson is a combination of many life application lessons from the Lord, the Life Application and Activity have been integrated into the Bible Discovery & Spiritual Teaching. Make copies of the lesson's five worksheets for each student. Give the students the worksheets one at a time during the lesson. Most of the instructions are written on the worksheets. The instructions and answers have also been integrated into this section. The parts that teachers need to verbally say have been described below.

"Students, please turn to Matthew 5. We will be reading parts of this chapter, one section at a time. For each section, we'll have a worksheet with questions and fill-in-the-blanks for you to work on, either by yourself or with a partner. Please follow my direction and the instructions on the worksheets."

Give the students Bible Discovery & Life Application Worksheet #1: Christians Are the Salt and Light of the World. First, work on the Section A as a class by asking the students to raise their hands to answer the first three questions. Make sure all of the students have written down their answers before moving on. Explain the importance of salt in our lives (you can read parts of the first paragraph in Background for Teachers). Finally, emphasize that being the salt of the world means having graceful, edifying speech, which is one way a Christian can be very beneficial and useful.

Next, ask the students to work on Section B. Read the instructions, and then let the students work on this section individually. Go over the answers to the fill-in-the-blank: "You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven." Finally, ask each of the students to share the pictures they drew.

Give the students Bible Discovery & Life Application Worksheet #2: Keep God's Commandments in Our Hearts. Pair the students up for Part 1 of the worksheet. After they have finished sharing with their partners, ask one or two of the pairs to share whether it matters if we are angry with others or call them names. At this point, explain (and write on the board, if you haven't already done so) the vocabulary word, "judgment."

"Students, it is very important that we understand how serious our words are, especially when calling other people bad names. We might think that it's no big deal when we call other people 'stupid' or other bad names. But in the Bible, there are many verses that remind us that we will be judged on every word we say. This is one of the important verses. In the verses we just read, Jesus compares being angry and calling people names to murder. It is like committing murder in our hearts, because if you don't have any anger against someone, you wouldn't murder them. But a person who murders another usually harbors anger towards that person. God looks at our hearts. Even though we aren't actually committing murder, in God's eyes, if we keep being angry with someone or if we call them bad names, it is like murder. God wants us to be perfect like Him, and one of the most important (and also one of the most difficult) ways is to be able to control what we say, especially when we're angry. What we say shows what's in our hearts, and God cares about what's in our hearts. Everyone gets angry, but we need to ask God to give us the strength and love to be able to calm down and think about what we say when we're angry."

Continue as a class to work on Part 2 of the worksheet. Allow the students to raise their hands to give the answers, or give them hints if they're stuck. Make sure the students have written the answers before moving on.

1. What do we do every day that is similar to offering a gift at the altar in biblical times? Pray to and worship God.

2. "First be reconciled (which means make up with) to your brother, and then come and offer your gift."
3. According to verses 25-26, what might happen if we don't settle matters or agree quickly with our adversary? Things might get worse, we will be judged, and we'll have to pay back everything.
4. Write down the part of the Lord's Prayer that relates to the verses we just read. "Forgive us our debts, as we forgive our debtors."

The spiritual teaching is at the end of the worksheet. Ask the students to come up with their own answers to fill in the blanks, and then give them the following answers:
God cares when I don't get along with others.
 I should be quick to reconcile with others.
 I want to keep God's commandments in my heart.

Give the students Bible Discovery & Life Application Worksheet #3: Jesus Forbids Oaths.

"Students, the next section we'll be reading about also relates to what we say. Before we go on, share with your partner about a time you or someone you know couldn't keep a promise. How did you or that person feel? Pick one of your stories and share with the class."

"Students, what is the third commandment of the Ten Commandments? Write it down on your worksheet. Now listen carefully: an oath is a solemn promise. In the Old Testament, people used to swear oaths in the name of the Lord." [If the students were listening carefully, they should have been able to fill in the blanks.]

Now ask the students to read Matthew 5:33-37 by themselves and fill in the blanks. When they are finished, go over the answers.

"But I say to you, do not swear at all: neither by heaven, for it is God's throne; nor by the earth, for it is His footstool; nor by Jerusalem, for it is the city of the great King. Nor shall you swear by your head, because you cannot make one hair white or black. But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one."

"Have you ever heard the phrase, 'I swear...,' at school or somewhere else? Have you ever heard anyone swear to God? Did you know that when someone says something like that, they are taking an oath in the name of the Lord? This is very serious because it means that they promise what they say is absolutely true, and that they're willing to take the consequences from God if what they say turns out to be false. Why do you think that God would not be happy with us if we take oaths and swear?" [Let students answer freely. Also, emphasize that we have already learned that every word we say will be judged.]

"Have you ever heard the phrase, 'Go above and beyond the call of duty'? Has a teacher in school ever challenged you to do your best or try even harder by saying this? Our Lord Jesus also wants us to go above and beyond, but not necessarily in our schoolwork like our schoolteachers. In what ways do you think God wants us to go above and beyond?" (To have good deeds, to be holy, to keep God's commands in our hearts, etc.) "Let's look at the next section of this lesson from the Lord."

Give the students Bible Discovery & Life Application Activity Worksheet 4: Go the Extra Mile. Have the students work on Part 1 by themselves, and then go over the answers.

Next, call on a student to read the instructions for Part 2, the Life Application section. Form groups of three or four students, and assign each group one or two scenarios (depending on your class size and time). If you have a very large class or plenty of class time and you need more stories, you may come up with some and add them to the worksheet. Give the groups five minutes to discuss how they will act out their skits. Then, have each group present their story, skit, and explanation for how their skit relates to the lesson.

"The last lesson we will learn from Jesus' sermon on the mount is to love your enemies."

Give the students Bible Discovery & Life Application Worksheet #5: Love Your Enemies. Work on the entire worksheet as a class. First, instruct the students to take turns reading one verse at a time while filling in the blanks.

"⁴³You have heard that it was said, 'You shall love your neighbor and hate your enemy.' ⁴⁴But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, ⁴⁵that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. ⁴⁶For if you love those who love you, what reward have you? Do not even the tax collectors do the same? ⁴⁷And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so? ⁴⁸Therefore you shall be perfect, just as your Father in heaven is perfect."

Now, ask a different student to read the Life Application section. During brainstorming, allow the students to give their answers freely while you write their answers on the board.

"Next week, we will continue learning about Jesus' sermon on the mount."



Linking to the Ten Basic Beliefs

2-5 Minutes

Read Matthew 5:17-20. Jesus says in verse 18 that "till heaven and earth pass away, one jot or one tittle will by no means pass" from the Bible. The teachings of Jesus on the mount show us how important it is to keep **the word of God, the truth in the Bible**.

The **Sacrament of Footwashing** teaches us Jesus' love for His own to the end, and His forgiveness to those who want to harm Him. After washing His disciples' feet, Jesus instructed them to wash each other's feet and to love one another as He has loved them. In the same way, Jesus instructs us in the Sermon on the Mount that we should be quick to reconcile with our brothers, go the second mile, and love our enemies.

The Sermon on the Mount also reminds us that we should be careful to keep the commandments because there is a **judgment at the second coming of Christ**. Jesus reminds us to be quick to reconcile with our brothers, lest we face a more serious judgment.



Check for Understanding

5 Minutes

Fill In the Blank

1. When Jesus taught His disciples and the crowd, He sat on the _____ (Mount).
2. Christians are the _____ (salt) and _____ (light) of the earth.
3. Let your light shine before men, that they may see your good deeds and _____ (glorify) your Father in heaven.

True or False

4. In God's eyes, being angry with someone or calling them names is like committing murder in our hearts. True.
5. God would not mind if we pray to Him while we're angry with our brother. False, we should reconcile with him first.
6. We should not swear. True.
7. On the day Jesus comes again, we will be judged for every word we say. True.

Questions to Think About

8. What does it mean to take an oath or to swear in the name of God? To make a solemn promise in the name of God.
9. What should you do if someone slaps you on the right cheek? Turn the other to him also.
10. What things does God do for both good and evil people? He lets the sun shine and sends the rain.

HOMEWORK ANSWER KEY

1. Students should state the verse they chose and explain why they believe this verse is the key verse in Matthew, chapter 5.
2. Students should write about one of these following teachings: believers are the salt and the light; murder begins in the heart; Jesus forbids oaths; go the second mile; or love your enemies.



Activity

Christians Are the Salt and the Light

10-15 Minutes

Objective: To practice being the salt and light of the world.

Materials

- Scratch paper
- Blank, bookmark-sized cardstock (one per student)
- Pens or markers
- Hat or box

Instructions

1. Tear the scratch paper into small pieces that are big enough to write names on.
2. Distribute one piece of scratch paper to each student and have them write their name on the paper.
3. Put all of the names in a hat or box.
4. Have each student draw one piece at random (making sure it's not their own name), and instruct them not to say whose name they drew.
5. Ask the students to come up with something very thoughtful, specific, encouraging, and gracious to say to the person whose name they drew.
6. Give each student a piece of bookmark-sized cardstock, and instruct them to write what they would like to say to the person.
7. After the students have finished writing their notes, choose one student to go first (you can ask the student whose birthday is coming up next).
8. Have the student whose turn it is go to the front of the class and read aloud the message they wrote.
9. Have the student mentioned on the card come to the front of the class to get the card and hug or shake hands with the writer.
10. Next, ask the writer to sit down, and have the remaining student stay at the front of the class to read the message they wrote, and so on, until all of the students have read and received cards.

Conclusion

1. Encourage the students by telling them that they have done a great job thinking of and saying encouraging words to one another.
2. Read Colossians 4:6.

CHRISTIANS ARE THE SALT AND LIGHT OF THE WORLD

A. The Salt

Instructions: Read Matthew 5:13 together with your class. Then, answer the following questions.

1. What are some ways you use salt every day?

2. How was salt used in biblical times?

_____ (Lev 2:13)

_____ (Eze 43:24)

3. According to Colossians 4:6, in what ways can Christians be the salt of the earth?



B. The Light

Instructions: Read Matthew 5:14-16 by yourself and fill in the blanks. When you are finished, draw a picture below of how Christians can be the light. Share your drawing with the class.

You are the _____ of the world.

A city that is set on a hill cannot be

_____. Nor do they light a

_____ and put it under a basket,

but on a _____, and it

_____ light to all who are in the

house. Let your light so _____

before men, that they may see your

good _____ and _____

your _____ in heaven.



KEEP GOD'S COMMANDMENTS IN OUR HEARTS

Part 1

Instructions: Read Matthew 5:21-22 with a partner and work together to fill in the blanks. When you finish, share with your partner why you think it matters whether we are angry with others or call them names.

Verse 21: This verse is talking about the ____th of the Ten Commandments.

Verse 22: Whoever is _____ with his brother without a cause shall be in danger of _____.

And whoever says to his brother, " _____!" shall be in danger of the _____.

But whoever says, " _____!" shall be in danger of _____.

Part 2

Instructions: Read Matthew 5:23-26 together as a class. Then, answer the following questions.

1. What do we do every day that is similar to offering a gift at the altar in biblical times?

2. "First be _____ (which means _____) to your brother, and then come and offer your gift."

3. According to verses 25-26, what might happen if we don't settle matters or agree quickly with our adversary?

4. Write down the part of the Lord's Prayer that relates to the verses we just read.



_____ cares when I don't get along with others.

I should be quick to _____ with others.

I want to keep God's commandments in my _____.

JESUS FORBIDS OATHS

Instructions: Share with your partner about a time you or someone you know couldn't keep a promise. How did you or that person feel? Pick one of your stories and share with the class.

Write the 3rd commandment in the space below.

An _____ is a solemn promise. In the Old Testament, people used to _____ oaths in the _____ of the Lord.



Instructions: Read Matthew 5:33-37 by yourself and fill in the blanks below.

"But I say to you, do not _____ at all: neither by _____, for it is God's throne; nor by the _____, for it is His footstool; nor by _____, for it is the city of the great King. Nor shall you swear by your _____, because you cannot make one hair white or black. But let your ' _____ ' be ' _____,' and your ' _____,' ' _____.' For whatever is more than these is from the _____ one."

Life Application

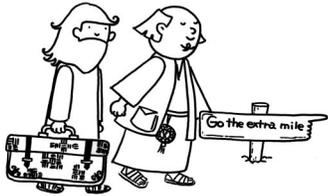
Have you ever heard the phrase, "I swear..." at school or somewhere else? Have you ever heard anyone swear to God about something? Did you know that when someone says something like that, they are taking an oath in the name of the Lord? This is very serious because it means that they promise what they say is absolutely true, and that they're willing to take the consequences from God if what they say turns out to be false.

Why do you think that God would not be happy with us if we take oaths and swear? Write down your answer in the space below.

GO THE EXTRA MILE

Part 1

Instructions: Read Matthew 5:38-42 by yourself and match the phrases from column one to those in column two.



Whoever compels you to go one mile...	...turn the other to him also.
If anyone wants to sue you and take away your tunic...	...go with him two.
Whoever slaps you on your right cheek...	...let him have your cloak also.

Part 2

Life Application

Instructions: Work with a group to complete one of the stories below.

Your teacher will assign one story for your group. Come up with an ending to your story and act it out in front of the class. Assign one person in your group to be the narrator (to read the beginning of the story), two people to be actors, and one person to explain how your story relates to the lesson. Use the blank space at the bottom of the paper to brainstorm your group's story. If you only have three group members, one member can both narrate and explain.

Annie's mom usually packs her extra cookies in her lunch box because she loves her cookies! Annie's friend Christie doesn't get dessert in her lunch box. For a while, Christie has been teasing Annie for being spoiled because of her cookies.	Grace and Eddy are siblings, and they have assigned chores at home. Eddy, the younger brother, has to wash the dog in the yard every other day. It has been getting colder and darker as the seasons change, and Eddy told Grace that it's scary being out there by himself.
Grant is a shy kid, but he's pretty good at basketball. However, because he's shy, he doesn't have many friends. James notices that in P.E. class Grant gets frustrated and even yells at other kids when the kids don't pass him the ball.	"Hey! Can I borrow another piece of paper?" asks Lisa in a familiar whisper from behind John. This is the third day in a row that Lisa has asked John for a piece of paper in class! John looks inside his binder and finds a fresh stack of paper that his dad packs for him this morning.

LOVE YOUR ENEMIES

Instructions: Read Matthew 5:43-48 together with the class and fill in the blanks.

"⁴³You have heard that it was said, 'You shall _____ your neighbor and hate your _____.' ⁴⁴But I say to you, _____ your enemies, _____ those who curse you, do _____ to those who hate you, and _____ for those who spitefully use you and persecute you, ⁴⁵that you may be _____ of your Father in heaven; for He makes His _____ rise on the evil and on the good, and sends _____ on the just and on the unjust. ⁴⁶For if you _____ those who love you, what _____ have you? Do not even the tax collectors do the same? ⁴⁷And if you _____ your brethren only, what do you do more than others? Do not even the tax collectors do so? ⁴⁸Therefore you shall be _____, just as your Father in heaven is perfect."



Life Application

Do you have enemies? You probably don't have real enemies, but you might have rivals at school, or you might sometimes be angry with your siblings. Maybe your parents or teachers are hard on you, and you talk about them behind their backs or even get in their faces.

In the lesson today, we learned that, as Christians, we should quickly reconcile with our enemies (this can include anyone you don't get along with, you're angry with, or having a disagreement with). One of the ways that we can do this is by being careful of what we say when we're angry. We learned that being the salt of the earth means having graceful speech. We also learned that we will face judgment if we call others bad names.

In the verses above, we learned that we should bless those who curse us. But in the heat of an argument, when we're really angry, sometimes we can let slip a bad word or an insult. However, if we first let ourselves calm down and think about what to say, we can turn a situation that would've been bad into a chance for reconciliation.

As a class, brainstorm some words that we can use, INSTEAD of insults and bad words, when we are in an argument with another person. The teacher will write the ideas on the board, and you can discuss as a class how these words can be used to help you reconcile with someone.

In the space below, write down one of the phrases you think you can remember, and use it the next time you face this problem.

E2 Year 2 Book 1 Lesson 2—God's Teaching on the Mount (Part 1)

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Weekly Bible Reading: _____

Bible Reading: Check each box when you complete that day's reading.

Prayer: Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

What I Learned from the Bible This Week

1. _____

2. _____

Memory Verse

Please write down this week's memory verse. **(Micah 6:8)**

1. Read Matthew, chapter 5. Choose one verse as the key verse. This verse can be one that you think is most important, or a verse that summarizes the main theme of the chapter. Write a paragraph on why you chose this verse as the key verse.

2. Every lesson we learn in the Bible is only useful to us if we put it into practice. Think of each of the mini-lessons we learned this past Sabbath. Which one(s) of these have you tried to put into practice this week? How do you feel about it? Have you succeeded or failed? Why?