

INSIDE OUT

nine sessions on the Sermon on the Mount

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Lunchtime Group
Resources

INSIDE OUT

nine sessions on the Sermon on the Mount



The Crusader Union is a Bible-based, interdenominational Christian youth organisation, whose vision is to proclaim the Gospel of Jesus Christ to students in the Independent Schools of Australia, to nurture Christians and to encourage church membership.

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WELCOME

This resource has been specifically written with school groups in mind but can be adapted depending on your needs. It is based on the group running for approximately 30 minutes each meeting.

WHAT'S INSIDE?

- 9 sets of leader's notes for regular meetings. The leader's notes provide an aim, fun activity, guidelines for an interactive talk as well as prayer, memory verse and song ideas.
- 2 colour advertising posters designed to grab the attention of students and help increase awareness of your group. There is space for you to fill in your group name and where you meet. We encourage schools to use the 'CRU School Groups' logo when promoting their group so as to link students with the work that God is doing in other schools.

BEFORE YOU START

- Please note that all pages in this resource can be photocopied but Crusaders requests each school or church purchase at least one original.
- Whilst this resource is aimed at easing the load for the group leader, it is vital that time is spent adapting it to the specific needs of your group. Time also needs to be spent on working through the Bible passage and talk before the group meets.
- A variety of video clips and other resources are used in this series. All resources, including video clips, should be checked before the meeting to make sure they are appropriate for your group and there are no technical problems. The resources can be accessed from the Web Extras section of the CRU website:

www.crusaders.edu.au/school-ministry/resources/web-extras/

- It would be very easy to spend too much time on the fun activity each week. Remember that looking at the Bible and praying together are the most important parts of the meeting and divide time accordingly.
- All suggested songs are linked to the theme of the talk. The intention of including a wide variety of songs from different CDs is so that you have options if your group enjoys singing - please do not feel it necessary to buy every CD listed. The CDs listed are available in Christian bookstores and many include sheet music.
- All games, activities and illustrations should be evaluated to make sure they can be safely done for your group. This will include considering safety in physical and food games, and appropriate illustrations considering the maturity level of your groups.

We pray that this resource will be a great help as you join in God's work of bringing students to Himself and growing them to be like His Son.

*"We proclaim Him, admonishing and teaching everyone with all wisdom,
so that we may present everyone perfect in Christ.
To this end I labour, struggling with all His energy which so powerfully works in me."
Colossians 1:28-29*

INSIDE OUT

Week	Title	Passage	Main Idea
1	Light Up Your Life	Matthew 5:13-16	Believers need to live in a way that causes others to praise God.
2	Angry Seeds	Matthew 5:21-24	Jesus calls us to deal with the seeds of anger in our hearts not just our actions.
3	Opposites Day	Matthew 5:38-48	God commands us to love our enemies even though it is the opposite of what feels natural.
4	Kindness Ninjas	Matthew 6:1-4	We must be kind to the poor and those around us out of love for God.
5	Amen	Matthew 6:5-13	Jesus has taught us an excellent pattern of prayer.
6	Cha Ching!	Matthew 6:19-21,24	Jesus calls us to set our priorities in heaven not on earth.
7	Have you seen the Birds?	Matthew 6:25-34	God looks after His people so we do not have to worry.
8	Blind Surgery	Matthew 7:1-5	God wants us to be gracious and gentle when dealing with others' sin.
9	Firm Foundations <i>Outreach Week</i>	Matthew 7:24-29	Jesus' life and teaching is the only way to have a firm foundation in life.

AIM

For students to choose to live in a way which causes others to praise God.

PREPARE

- Pray as you prepare that God's will might be done and the students are drawn closer to Him.
- Read through Matthew 5-7 and especially Matthew 5:13-16 familiarising yourself with the context and content of the passage.
- Ensure you have the facilities to show the Web Extras photo 'Shabbily Dressed Student'.
- Bring a packet of beef jerky to share with the students.
- Bring enough small packets of salt (you should be able to get these from the canteen) and tealight candles so that each student will have one.
- Bring a box of matches and a bowl for the talk.

FUN ACTIVITY

Hide and Seek

Play a game of hide and seek. If your room is not conducive to hide and seek you may like to play it in the playground, in the school hall or play a different game involving hiding (e.g. Murder Winks). When you have finished the game, explain that today you are starting to learn about one of Jesus' most famous talks, where He did some of the most amazing teaching ever. This talk is called the Sermon on the Mount. Today we played a game of Hide and Seek because at the beginning of the Sermon on the Mount Jesus tells His listeners that they should not hide their love for God, but instead live in a way so that people will see how good God is. We're going to have a look at that passage now.

Read Matthew 5:13-16

SHORT TALK

A - Looking Good

To start the talk, show the Web Extras photo 'Shabbily Dressed Student', and ask the group what would the school say about the student going out in public dressed like that.

Often students get told that how they behave in public reflects on the school, so they are asked to behave well and dress nicely. The way they behave will help people to know what the school is like.

In today's passage Jesus is telling us that the way His people behave shows the world what God is like. Jesus wants us to live well so that people will "praise [our] Father in heaven."

Ask the group what two images Jesus uses in the passage which teach us how to live so that God will be praised. They are salt and light.

B - Salt

Hand out the beef jerky you have brought in. Give one to each student who wants to the chance to taste it. Ask them what they taste.

Explain that the salty taste in the jerky is there to preserve the meat. It stops the meat from decaying and becoming inedible. Without the salt the meat would go off in a very short space of time.

Jesus is saying that when we live His way, God uses our lives to stop the spread of sin in the world. If we treat people with love and live the way Jesus asks us to, the world will see how different we are and praise God.



C - Light

Now show the group one of the candles you have brought. Ask what will happen if you light it then cover it with a bowl.

Light the candle then cover it with your bowl. Ask the group if they can see the light. Ask the group if they think the candle will still be lit.

Take the bowl off to reveal that the candle has gone out. A hidden or unlit candle is useless. In the same way if we hide our love for Jesus, it's useless to others.

Explain that when Jesus asks us to be the light of the world, He is telling us to live differently and share our faith with those around us so that people will see God. We will be bringing God's light to dark places. When we love other people and live differently like Jesus asks, and are willing to tell people about God, then they will know God is good, and praise Him either now or when Jesus comes back.

Often we can hide the fact that we love God, because we don't want to be embarrassed. Jesus is saying that we shouldn't hide, otherwise people won't be able to know about God.

Ask the group what ways they can be showing their love for God at school so that their friends will know about Him.

C - Salt and Candles

You may want to hand out a candle and packet of salt to each student. Tell them that they can put these somewhere to remind them that they need to love others and share their love for Jesus. This will help people know God's love for the world. Remind them of how great it is that Jesus has asked us to help make God known in the world. (Make sure you also

remind the students not to light the candle unless they are with a responsible adult.)

PRAYER

Relight the candle from the talk and place it on top of the bowl. Have the students sit in a circle around the candle. Encourage them to pray for God's help to be salt and light in the world. As they look at the candle encourage them to pray silently for one friend who does not know Jesus.

SONG IDEAS

Let You Light Shine - Super Strong God - Hillsong Kids

Tell the World - Tell the World - Hillsong Kids