

LIGHT UP THE WORLD

nine sessions on the Sermon on the Mount

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Lunchtime Group
Resources

LIGHT UP THE WORLD

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?

- 1 set of leader's notes for an outreach meeting.
- 8 sets of leader's notes for regular meetings. The leader's notes provide the aim of the study, a fun activity, discussion questions (with notes to help answer some questions) and prayer ideas.
- 8 student pages for regular meetings. The student pages can be photocopied and handed out if so desired. Each sheet contains the Bible passage (NIV), questions and prayer ideas. Note there are no student pages for Week 9, which is an outreach week.
- 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 request 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 questions 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 activity each week. Remember that looking at the Bible and praying together are the most important parts of the meeting, so divide your time accordingly.
- 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

LIGHT UP THE WORLD

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	Don't Run Away	Matthew 5:21-24	Jesus calls us to confront our hearts, our anger, and our broken relationships, not avoid them.
3	Lust or Love?	Matthew 5:27-30	God commands us to treat all people with dignity and love.
4	Give it Away	Matthew 6:1-4	Generosity is not an excuse for pride.
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 be anxious.
8	Judge Not	Matthew 7:1-5	God wants us to offer people the same mercy He offers us.
9	Firm Foundations Outreach Week	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 will be drawn closer to Him.
- Read through Matthew 5:1-16, familiarising yourself with the context and content of the passage.
- Photocopy the Week 1 Students' page for everyone (p.22).
- Bring enough small packets of salt (you should be able to get this from the canteen) and tealight candles so that each student can have one.
- Bring a box of matches and a bowl for the activity.
- Bring a packet of beef jerky to share with the students.

INTRO

Powerful Speeches

Ask the group what they think might be some of the most famous speeches in the world. After you have listened to their answers explain that this term you are going to be looking at one of the most famous speeches in the history of the world: Jesus' Sermon on the Mount found in Matthew 5-7.

The Sermon on the Mount has been changing people's lives for over 2000 years. Its power is not found in merely clever words, the passion of the speaker, or tricks like background music, but in the fact the God is speaking through Jesus. Jesus gives us the best way to live God's way in God's kingdom. Jesus' words are so powerful that if we all put them into action we would change the world. It's going to be an exciting term!

FUN ACTIVITY

Salt and Light

Begin this activity by watching the Web Extras video 'Cuttlefish Camouflage'.

Explain that at school we often like to do what we can to fit in. We don't want to stand out and look different from everyone else. We can build a camouflage. However, Jesus wants us to be people who don't blend in, but stand out.

Show the group a tealight candle you have brought in and light it. Ask the group what will happen if you cover it with a bowl. After listening to the answers, cover the candle with the bowl. After a little while take the bowl off and show the group how the candle has gone out.

Now take the beef jerky and hand it out to people in the group. Ask them what they taste when they eat it. Explain that the salty taste is because salt is used to stop the meat from decaying.

Encourage the group to think about these things when you begin discussing the passage.

READ

Read Matthew 5:13-16

DISCUSS

1 Jesus describes His followers as being salt and light. What do you think He means by this?

As we have seen from the activity, salt was used to stop meat from decaying and light illuminates



darkness. Jesus seems to be saying that believers have a unique role in bringing God's love to the world, holding back the spread of evil (decay) and bringing God's truth to the world so that people will not live in darkness, not knowing God. We do this through radically living out God's commands, particularly through living the way Jesus calls us to in the Sermon on the Mount.

2 What do you think it looks like to live a life of salt and light, especially at school?

Spend some time discussing what it might look like to live for Jesus. Ask the students to be specific in their responses rather than just giving general answers.

A great place to start would be living out Jesus' commands in the Sermon on the Mount. At school this will mean being committed to loving everyone: the lonely, the strange, the annoying and even your enemies. It will mean being willing to stand up for Jesus, even when everyone else is living a lifestyle that contradicts the Bible's commands. It will mean praying for those around us, even when we don't feel like it. It will mean living lives that are so different in everything we say and do, that our love for Jesus is obvious. And it will mean speaking about God's love for us in Jesus clearly because people cannot praise God for the way we live unless we talk about the God we serve.

Living this way can be very hard because we care so much about what others think of us, we love to blend in and there are many pressures to conform. However we can draw strength from knowing that through our lives God may be praised and people may put their faith in Him.

3 What do you think it might mean to hide your light or for salt to lose its saltiness?

Hiding your light and losing your saltiness will be to act in the same way as those around you who don't know Jesus. It would mean not letting your faith in Jesus be known or having your actions reflect Jesus'

commands because you are afraid of what people might think of you or how they might treat you. Unfortunately Jesus tells us that if we do this we are as useless as a light under a bowl or salt that is no longer salty. Our faith is of no consequence. We have to be committed to living for Jesus no matter what others may think of us if we want our lives to make an impact.

4 What can you do to help each other live as salt and light?

Praying for each other can be very helpful. Praying alone and together will help us draw on God's power and on the encouragement from each other.

It will also be important to keep meeting with other Christians as support from others is vital if we are to live for Jesus.

Finally we must draw strength from Jesus who lived a life of salt and light in the world, even to the point of death. Through His death and resurrection we receive the Holy Spirit who gives us power to live for Him.

APPLY

Give each of the students one of the small packets of salt and a tealight candle. Encourage them to place it somewhere prominent in their room to remind them to live each day as salt and light in the world. Close in prayer asking God to help you all live as salt and light in the world.