



***Nurturing Faith...***  
*Every Day in Every Way*

February 2, 2020

Micah 6:1-8  
 Psalm 15  
 1 Corinthians 1:18-31  
 Matthew 5:1-12

***Fourth Sunday after Epiphany***

Good morning friends! Can anyone tell me what a recipe is? (allow for answers) Today, I have a recipe for a tasty snack.

Did you know that Jesus gave us a recipe for living a happy life? In our gospel lesson from Matthew, it says, "Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them."

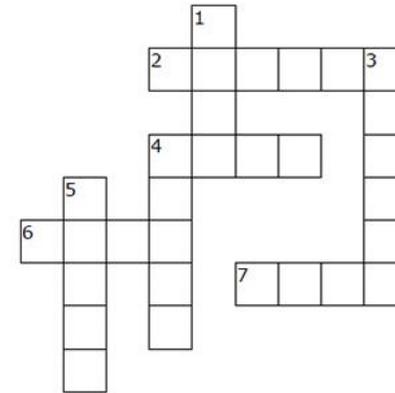
What did he teach them? He taught them a lesson which we call "The Beatitudes." Each one of the beatitudes starts with the words, "Blessed are they. . ." Some translations of the Bible use the word happy instead of blessed. Let's see what Jesus said about what is needed for a happy life full of God's blessings.

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they that mourn, for they shall be comforted.
- Blessed are the meek, for they shall inherit the earth.
- Blessed are they which do hunger and thirst after righteousness, for they shall be filled.
- Blessed are the merciful, for they shall obtain mercy.
- Blessed are the pure in heart, for they shall see God.
- Blessed are the peacemakers, for they shall be called the children of God.
- Blessed are they which are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

You may think that some of those things that Jesus taught sound pretty difficult, and you are right. Even when you have a recipe, it may be difficult to follow, but if you follow the instructions, you can be assured of a good outcome. Jesus did not promise that life would always be easy, but he did say if we follow the teachings in today's lesson, we can be assured that we will receive God's blessing and we will be happy indeed!

Gracious God, we thank you for the teachings of Jesus. Even though life may not always be easy, we know that if we follow what Jesus taught, we will be blessed. In Jesus' name, we pray. Amen.

***Crossword Puzzle***



**ACROSS**

2. A need for food
4. To be humble in spirit or manner
6. Having little money or few possessions
7. To feel happiness, joy and pleasure

**DOWN**

1. To be without any faults; without sin
3. A payment received in return for doing good deeds
4. To show great kindness toward others
5. To feel sadness

PURE	MOURN	REWARD	HUNGER
POOR	GLAD	MERCY	MEEK

**Activity:** Make your own Happy book. Using construction paper, fold 4 pieces of paper in half so that you have 8 pages. Each day, write down, draw or use stickers to express things that make you happy that day. Share your pages with your family and remember to thank God for all of God's creation that brings joy to our days.

**Discussion Question:** Reread the Beatitudes with your family. How can we find happiness in the teachings of Jesus?

**Family Table Prayer for February:** God of Love and of my heart  
 You fill us with your light.  
 Help us to share your love with the world  
 morning, noon, and night. Amen.

**February Memory Verse:** 1 Corinthians 13:4 Love is patient, love is kind.



### **Sermon on the Mount**

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