TEACHER'S GUIDE

LESSON 2: HOW TO STAY HAPPY

LESSON OVERVIEW

Big Idea: Stay hungry for God.

Key Question: How can I stay hungry for God?

Memory Verse: Happy are those who hunger and thirst for God's way for they will be filled. Matthew 5:6

Overview: We are continuing to learn about Jesus' famous sermon called the Sermon on the Mount. Jesus stood on the mountain and taught the people about happiness. It was different than anything the people had heard before. The reason-Jesus was telling the people a whole new way to be happy. Last week we learned that happiness starts with knowing we need God. We need God for everything. We can't do anything on our own. This week we learn that staying happy means we need to be hungry for God. That might sound funny. How can we be hungry for God? Are we supposed to eat God? Of course not! It's not about what we actually eat, it's about what we do. Being hungry for God means you want to follow Him and do things that make you think of Him. Things like; reading your Bible and praying. If we really want to be happy, we need to develop habits, doing things regularly, that make us think of God. Jesus says, when we develop those habits, we will be happy.

CLASSROOM AGENDA

5 min

5 min

20 min

5 min

5 min

10 min

5 min PLAY: Begin working on Activity Page #1.

> **WARM UP:** What are your favorite things to eat when you're really hungry? What's your least favorite food?

PREVIEW: Draw the bubbles on a whiteboard and fill in the Big Idea, Memory Verse, and Key Question. (If applicable, have kids fill in their bubbles on the Kids Activity Page.)

LARGE GROUP: Gather for songs and videos with other kids. Then return to small group to finish this guide.

RECAP: Read the Lesson Overview from the Teacher's Guide and then answer the KFY QUESTION.

EXPLORE: Read Matthew 6:33. Should we ask God for whatever we want? What is the right order of how we should go to God? Do you think getting the order right makes a difference in our attitudes?

PLAY: Choose a group activity from Activity Page #2.

5 min CLOSE:

- What will you do to create a habit for God?
- Share prayer requests and pray as a class.

TEACHER TIPS

Allow each kid to share. The point: food is great and we all love it, especially when we're hungry. We should have a hunger for God, too.

Answer: It starts with developing good habits. Habits are consistent and repetitive behaviors. We've talked about these before but they are worth repeating because they're so important.

- Read the Bible- includes memory verse 1.
- Pray- ask God for help and just thank Him
- Talk about Him with others- use the kid and parent guide at home every week.

Bonus Questions:

K-st: What are some things that you do every day? (brush your teeth, shower, eat) Why are these important to do every day? Why are habits for God important, too?

2nd-5th: What are some good habits you already have in your life? (brush your teeth, shower, eat). Do you have any habits that aren't good and need to break? (forgetting homework at school, talking back to parents) How could habits for God help you in your life?

If we are seeking God with all our hearts, then we are putting Him first. If God is first, we begin to think how God wants us to think and value the things He wants us to value. Our prayers, then, aren't about our own selfish wants and desires, but about what God wants for us and trusting that He knows best.

Option #1

Hungry for God Sandwich

A fun craft that encourages kids to stay hungry for God. Print a Sandwich template (page 5) for each kid. Have them cut out each item. Then, have them color the bread brown, the "read your bible" green, "pray circle" red, and the "talk" yellow. As they color, describe how "making" the sandwich shows us how to be hungry for God. Talk about each piece and why it's important. Once the kids finish coloring, have them punch a hole through each piece, put a piece of yarn through the holes, and tie together.

Supplies needed

- paper
- Sandwich template
 (pg. 5), one per kid
- scissors
- crayons
- hole punch
- yarn, one piece per kid

Bonus Activity:

If you have time, come up with some other good habits you can do to stay hungry for God. Write them on the whiteboard.

Option #2

Hungry for God Pizza

A fun craft that encourages kids to stay hungry for God. Print a Pizza template (page 6) for each kid. Have them cut out each item. Then, have them color the pizza yellow, the "read your bible" circle red, "pray" circle blue, and the "talk" orange. As they color, describe how "making" the pizza shows us how to be hungry for God. Talk about each piece and why it's important. Once the kids finish coloring, have them glue the circles onto the pizza.

Supplies needed

- paper
- Pizza template (pg. 6), one per kid
- scissors
- crayons
- glue

Bonus Activity:

If you have time, come up with some other good habits you can do to stay hungry for God. Write them on the whiteboard.

STAY HUNGRY FOR GOD

LESSON #2

KIDS GUIDE



Watch this week's lesson video as a family (see link above) and fill in the blanks.

1.	Hungry for God means	vou want to	

- 2. God wants us to do things that make us _____ of ____.
- 3. Being hungry for God isn't about what you actually _____.
- 4. Staying hungry for God is about having ______



Answer these questions together as a family.

- 1. What are your favorite things to eat when you're really hungry?
- 2. What happens to our bodies if we don't eat enough? What could happen in our relationship with God if we never "eat" for Him?
- 3. How can we stay hungry for God?
- 4. Read Matthew 6:33. Does this mean we should ask God for whatever we want?

 What is the right order of how we should go to God? Do you think getting the order right makes a difference in your attitude?



Memorize this week's Bible verse:

Happy are those who hunger and thirst for God's way, for they will be filled.

Matthew 5:6



K-1ST

BIG IDEA:

Stay hungry for God.

MEMORY VERSE:

Happy are those who hunger and thirst for God's way for they will be filled.

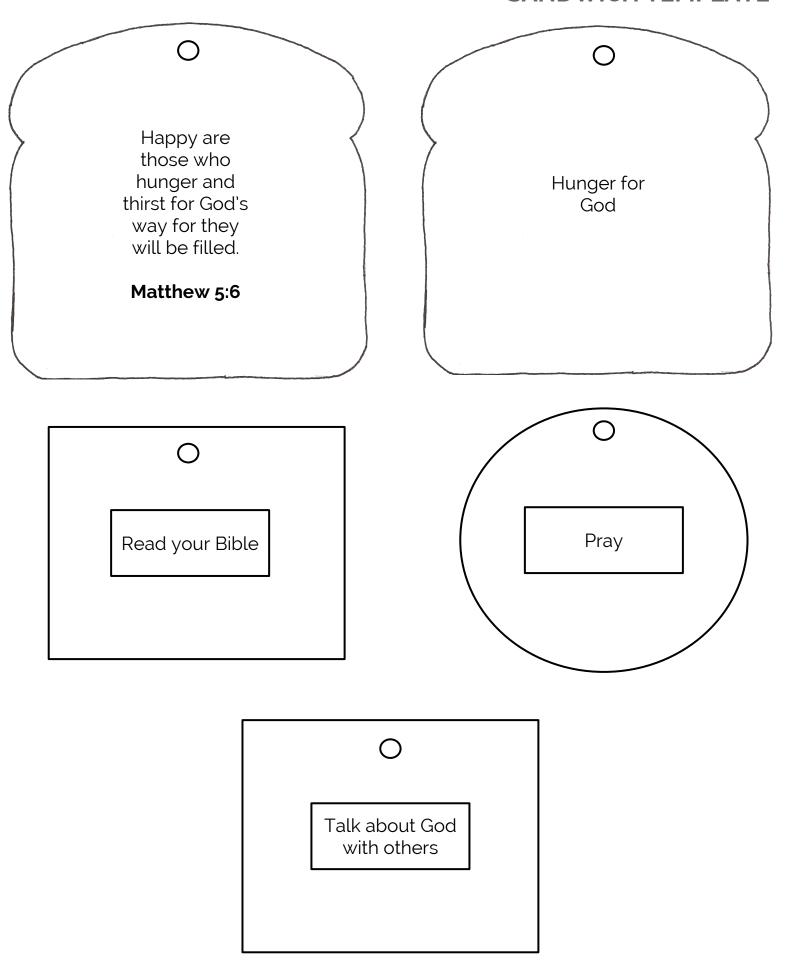
Matthew 5:6

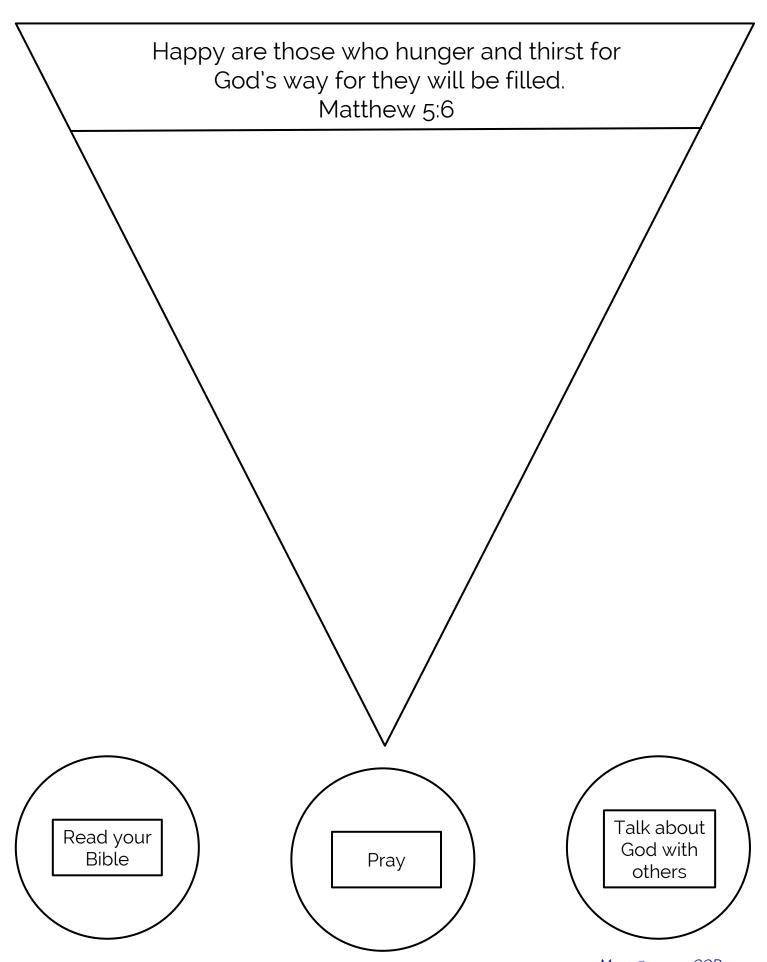
Instructions: color the picture.



IS THIS WHAT IT MEANS TO BE HUNGRY FOR GOD?

SANDWICH TEMPLATE





More @ pursueGOD.org.