

Where Happiness Starts (Kids)

Hey Kids! Today we're going to talk about how to really be happy. One day, Jesus was just taking a walk. But he was so famous, that crowds of people followed him. So he went up on the side of a mountain and began to teach all the people. He looked around and started like this: "God blesses you". Wait, did somebody sneeze? No, nobody sneezed.

The word bless is just another (fancy) word for "happiness".

It's like Jesus was saying, "God makes you happy when..." (he says a few things after when).

So do you want to know the first thing he said about it?

Matthew 5:3 *God blesses those who are poor and realize their need for Him.*

God makes you happy when you realize your need for him.

That's kind of a funny way to start a sermon. What did he mean? Imagine what it would be like if kids were in charge of themselves, no parents to help. You might:

- put orange juice in your cereal instead of milk
- never brush your teeth
- stink because you never shower

It would hard to be happy, right? That's what Jesus is talking about. He is teaching that real happiness starts with realizing that you're not perfect. That you can't do it all alone. And that's not just about getting help from your parents. It's about getting help from Jesus. Do you remember the first truth of Foundations?

Foundations Truth 1 says, "We start by trusting Jesus.

We can't get to God unless we realize our need for him.. We have to ask Jesus into our hearts.

We all need God.

We won't be happy without Him. And that's the beginning of real happiness.

Memory Verse

Matthew 5:3 "God makes you happy when you realize your need for him."

Discussion Questions

1. **Set Up:** Watch the video together or invite someone to [set up the conversation](#).
2. List some things that make you happy. (Ex. favorite holiday, food, people, places) Why do they make you happy?
3. Can you think of some things that used to make you happy but don't anymore? What happened?
4. Why do we need God?
5. Read [Matthew 18:3-4](#). What do you think of infants/toddlers? What things do they need help with? Why would Jesus encourage people to come to him like a child?

6. **Takeaway:** Write a [personal action step](#) based on this conversation.