



Bee-Attitudes

By Sharon Sampson

Jesus gives us eight ways to Bee Blessed

Activity time

Try these activities and see if you can start guessing what might happen in our story today. If you can't get exactly these materials, just see what you can find around the house instead!

Preparation: you might like to watch [this video](#), before starting this session as it shows you the actions you will need.

Do you know who the unhappiest people in the world are? You might think it is those people who don't have enough to eat or a roof over their heads. Surprisingly, according to research, it is people in the richer countries who, by comparison, have so much.

Jesus knew that having 'things' was not the route to happiness. One day, on a mountain top, he sat his friends down and gave them eight ways to live in his kingdom and explained how that leads to a happy life. If you listen carefully to them, some of them seem crazy at first. But Jesus came to turn the world upside down.

1 Blessed are the poor in spirit, for theirs is the kingdom of heaven.

You will need: your hands! 😊

Memory action: hold one finger up and say, 'Number one', then repeat the blessing, making a circle, (a hole in your tummy), with your finger.

Activity description: try to pat (bless) your head with the other hand, at the same time as circling your tummy.

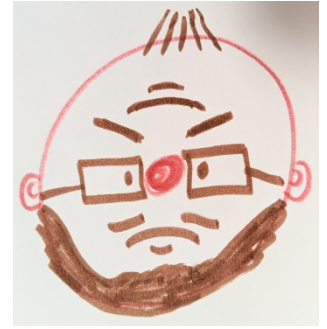
Talk about how this blessing means that you are happy if you feel empty inside, but you realise that it is a God shaped hole, that only he can fill.

2 Blessed are those who mourn, for they will be comforted.

You will need: paper or paper plates; pens

Memory action: say the blessing as you hold up two fingers, then stroke them down your face from your eyes, like tears. Then use the two fingers to wipe away imaginary tears from your cheeks.

Activity description: draw a face that is sad one way up and smiling the other. Hint – draw the eyes right in the middle of the plate; the hair could become a beard; eyebrows can become a moustache; smiles can become forehead wrinkles. You can find lots of examples online.



Talk about how when you are sad, God yearns to come close and comfort you. All you need to do is go to him in prayer. He might give you a sense of peace, or he might send someone to knock on your door or ring you up. There are lots of ways he can comfort you.

3 Blessed are the meek, for they will inherit the earth.

You will need: blindfold

Memory action: say the blessing as you hold up three fingers, then turn them over to make an “M” shape. Then make a capital “E” shape with the same three fingers.

Activity description: use a blindfold and trust someone to give you directions.



Talk about how meek is not weak. It is having power but choosing not to use it - choosing to submit to God and trust him in everything. Meek can refer to the taming of a wild stallion, who chooses to trust his owner. You don't need to do everything alone - God wants to help.

4 Blessed are those who hunger and thirst for righteousness, for they will be filled.

You will need: soil; wildflower seeds; yellow tissue paper (optional)

Memory action: hold up four fingers, then use them to pretend to eat and drink.

Activity description: make a bee bomb to throw somewhere that you want wildflowers to grow. Put a spoonful of soil in some yellow tissue paper, add wildflower seeds, then wrap up the ball.



Talk about how righteousness is doing the right thing. We know what we should do: get lots of sleep, eat our leftovers, use less plastic, say sorry. But we don't always choose to do the right thing. We know that the bees are struggling so today we are making bee bombs to help the bees.

5 Blessed are the merciful, for they will be shown mercy.

You will need: a smooth stone

Memory action: hold up five fingers, then hold out your hand with your palm facing up as if you are giving someone something. Then bring it back to yourself.



Activity description: paint a rock with a lovely message like 'you are loved' and hide it somewhere for someone to find. Under a pillow? At the side of a path?

Talk about how mercy is being kind. Have you noticed that if you are kind to others, they will be kind back?

6 Blessed are the pure in heart, for they will see God.

You will need: yellow, black and pink paper; googly eyes; red pen; glue; scissors; kebab stick; black pipe cleaner.

Memory action: hold up six fingers, then use them to make a heart over your heart. Then turn them into God goggles, each finger and thumb making a circle.

Activity description: make this bee, who is not just love on the outside, but love on the inside as well, as every bit of it is made of heart-shaped pieces.



Talk about how 'pure in heart' means you who want to act lovingly on the outside but also feel it on the inside too. So, if you say sorry because your parents asked you too, but don't feel sorry inside, you will still feel unhappy. Try to feel it on the inside too.

7 Blessed are the peacemakers, for they will be called children of God.

You will need: paper cups; elastic bands; string; pen.

Memory action: hold up five fingers on one hand and two on the other, with the two making a peace sign. When you say, "children of God", wriggle all the fingers.

Activity description: place the cups upside down on the floor. Write the letters PEACE on them. Tie the string to the elastic bands as in the picture. Work with someone else and each take hold of two pieces of string. Pull the elastic band apart and place it over the end of the cup. Lift the cups and re-arrange them to spell PEACE. You are "making peace" together. The challenge is to not touch the cups with your hands at any time.

Talk about trying not to be the one who causes fights amongst family and friends. Instead, try to be the one who helps sort them out, helps people to find common ground or see the others point of view. Not only will you find happiness, but others will too!



8 Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

You will need: your house and everything in it!

Memory action: hold up four fingers on each hand. Then squash one set with the other set, persecuting them.

Activity description: In some countries, it is illegal to be a Christian and the secret police might be on the lookout for anything in your house that shows you are a Christian. Give yourself just five minutes to try and find all the evidence in your house - bibles, crosses, Christian music, books, pictures, Messy Church crafts, etc. Once you have it, hide it all and keep it hidden for the rest of the day.

Talk about how this blessing tells us that if we get into trouble for doing the right thing, we don't have to worry as God is promising us eternal happiness in heaven with him.

Celebration

Today we have learnt how happiness does not lie in having material things, but in turning to God, trusting him, letting him comfort us and being kind and merciful to others, helping them make peace and being loving on the inside as well as the outside.

God blesses us and we can share those blessings with others, so to remind us of that, we are going to play a silly game where we try to pass on the blessing of a smile. Try to make the person next to you smile, they try not to, but when they do, they pass it on too.

Prayer

Repeat the blessings below with the actions we learnt and think of people or situations for each one.

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven
 - o Who do we know who has not met Jesus yet? Who has a God-shaped hole? Dear Lord please show yourself to xxxxx
2. Blessed are those who mourn, for they will be comforted
 - o Who do we know who is sad at the moment? Father God, please comfort xxxx
3. Blessed are the meek, for they will inherit the earth.
 - o Who do we know who is worrying a lot? Creator God, please help xxxx
4. Blessed are those who hunger and thirst for righteousness, for they will be filled.
 - o Who do we know who is good at doing the right thing? Dear God, please help us to be more like them.
5. Blessed are the merciful, for they will be shown mercy.
 - o Who do we know who is kind? Thank you Lord for xxxx
6. Blessed are the pure in heart, for they will see God.
 - o Can you remember a time when you felt bad inside? Dear Father, we are sorry for the things we have said or done wrong. Please help us to be loving all the way through.

7. Blessed are the peacemakers, for they will be called children of God
 - o Can you think of an argument you have witnessed recently? Almighty God, please give us the right words to help stop fights.
8. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.
 - o Have you ever got into trouble for doing the right thing? Thank you Father that you have made a home for me in heaven.

Amen

Now close your eyes and relax, feel blessed, while listening to [The Blessing](#).

You could finish by saying the [Lord's Prayer](#) and the [Messy Grace](#).

Mealtime

Blessed are the righteous!

Can you make a meal just from leftovers?

Or from food with a low footprint? – few air miles, from your garden?