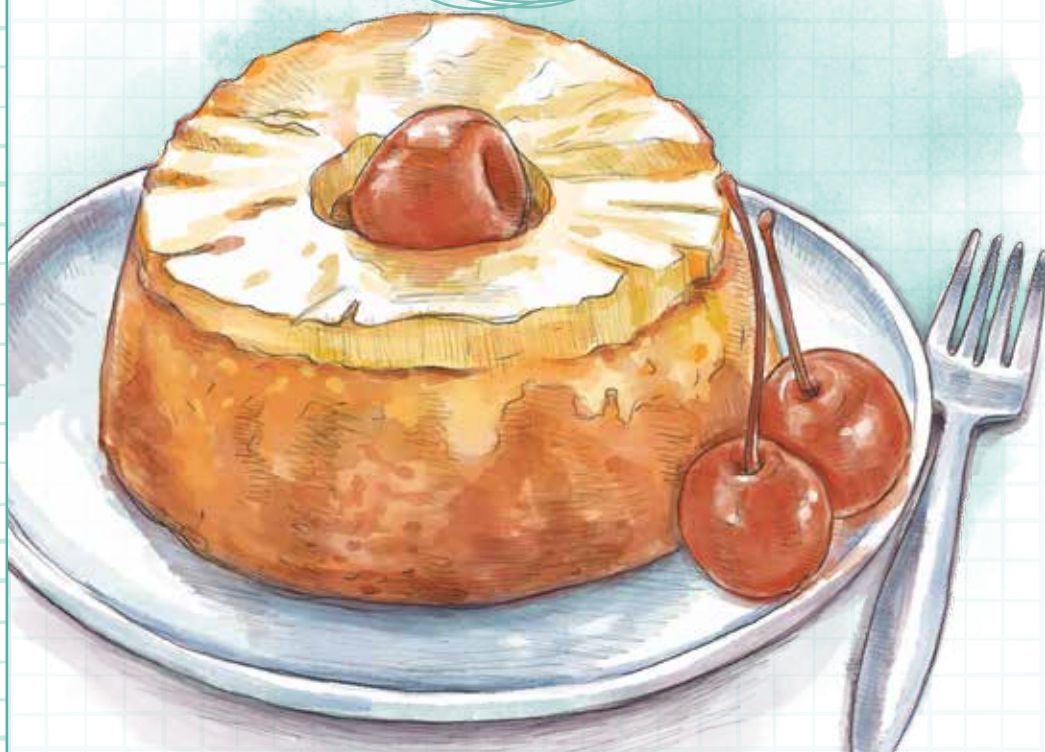




BLESSED

Right Side Up in an
Upside-Down World



↓
Living out
the sweet life!

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WHAT'S IN THIS Study?

» Blessed Are the . . .

DAY 1: Called Out

DAY 2: Upside Down

DAY 3: Honest

DAY 4: Sad for Sin

DAY 5: Meek

DAY 6: Righteous

DAY 7: Merciful

DAY 8: Pure in Heart

DAY 9: Peacemakers

DAY 10: Persecuted

» How to Live the Blessed Life . . .

DAY 11: Stay Salty

DAY 12: Be a Light

DAY 13: Respond With Good

DAY 14: Love Your Enemies

DAY 15: Be Generous

DAY 16: Pray

DAY 17: Seek God

DAY 18: Be Content

DAY 19: Be Confident

DAY 20: Choose Joy



Primary Level

Called Out

In 1926, a famous runner named Eric Liddell did something that shocked the world. He refused to run the Olympic 100-meter race because it was being held on a Sunday. Everyone thought he would win the race, but that didn't change his mind. Eric gave up a possible Olympic gold medal because Sunday was the Lord's day.

Read **Matthew 4:18-22**. What did Simon (Peter), Andrew, James, and John leave behind to follow Jesus?

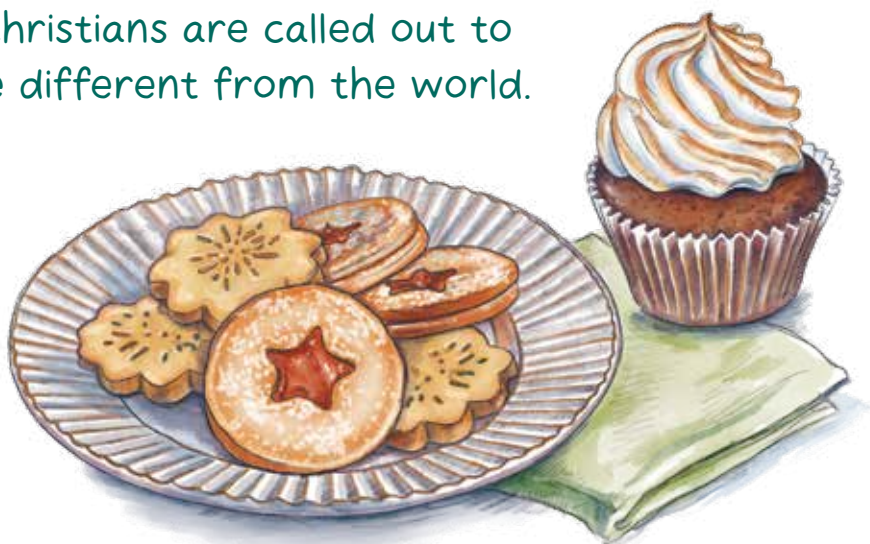
Jesus called these men to follow Him. Everything changed when they left their fishing nets and answered His call.

Read ^{KEY VERSE} **1 Peter 2:9-10**. How does this verse describe God's people?

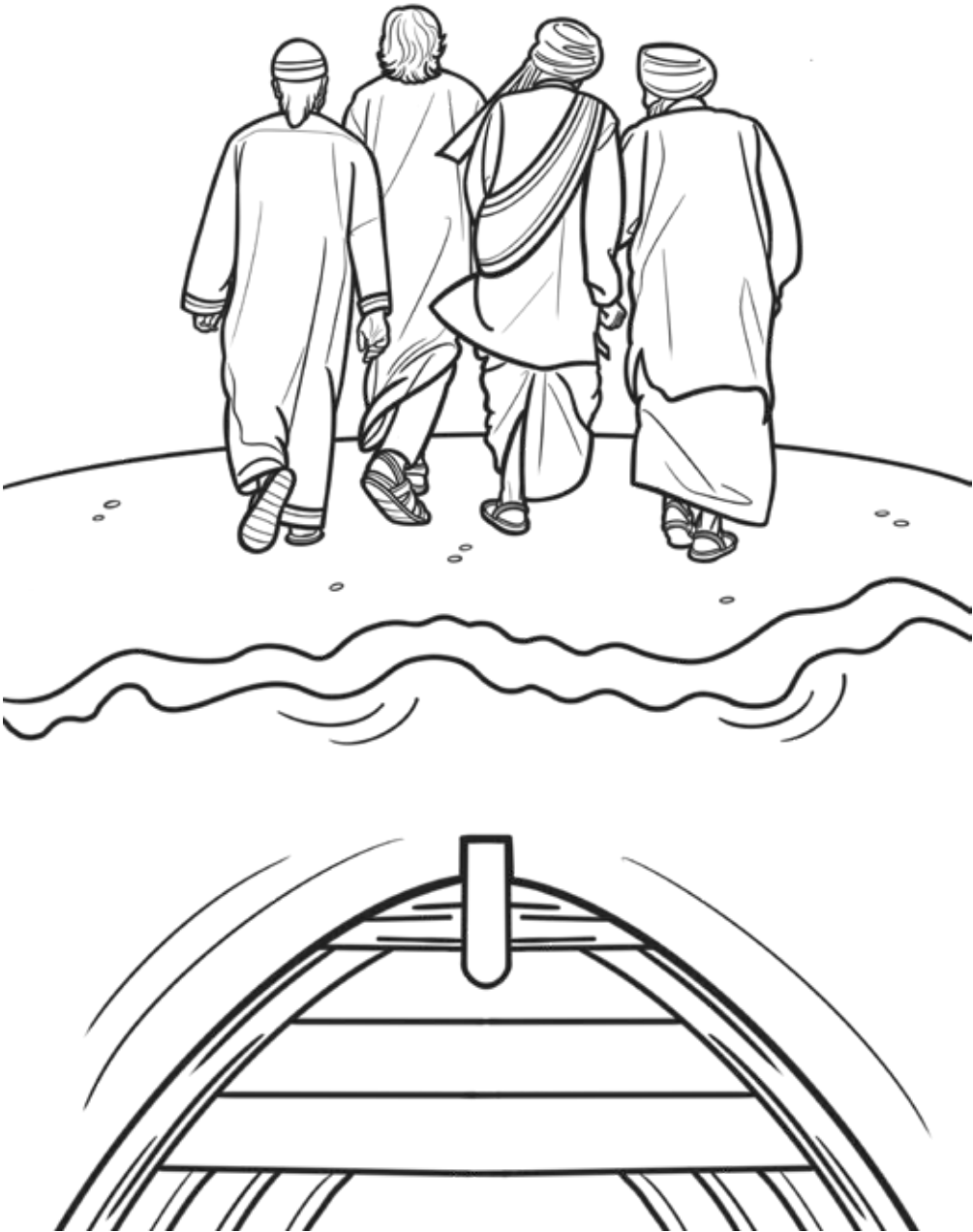
As Christians, we are different from those who have not believed in Jesus for salvation. We are SUPPOSED to be different because we're living for Jesus!

If you're not sure that you are saved or what it means to be a Christian, talk to a parent or another trusted adult about it today!

Christians are called out to be different from the world.



Color the picture that shows Simon, Andrew, James, and John leaving their fishing jobs to follow Jesus!



Pray today and thank Jesus for calling Christians out to be different. Ask Him to help you live for Him.

*Find today's CALLED OUT sticker and add it to the plates on pages 4-5.

Let's start today by reviewing the Beatitudes! Look back through the lessons you've done so far so you can remember what Jesus calls BLESSED.

As we try to live this blessed life for Jesus, there are a few things we need to remember. For the rest of our study, we'll be learning about these truths.



Read ^{KEY VERSE} **Matthew 5:13**. What does this verse say Christians are?

Christians need to stay salty! Before most people had refrigerators, they used salt to keep food from going bad. Salt also adds a lot of flavor!

Have you noticed the difference salt makes when you add it to food?

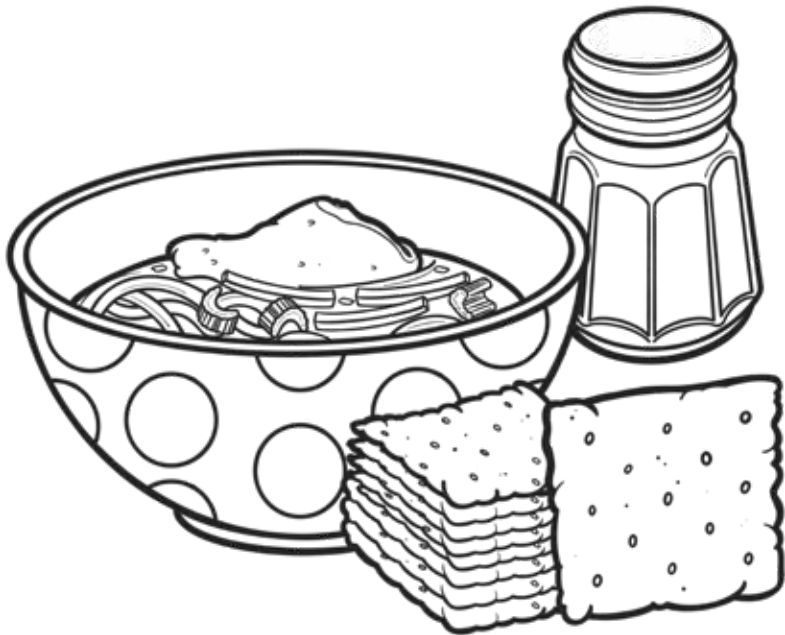
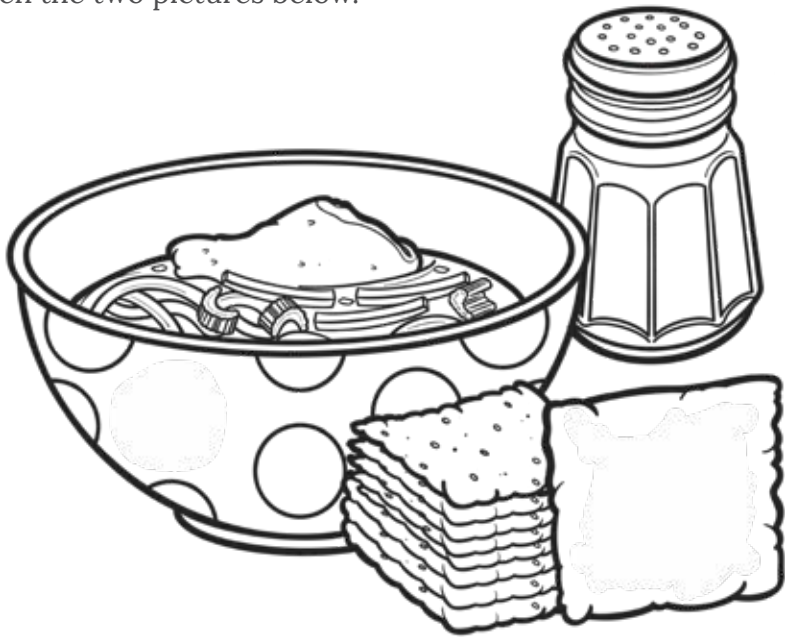
Just like salt makes a difference in food, Christians are supposed to make a difference in the world! We should make other people's lives better, not worse. We should be blessings to our family, friends, and neighbors.

**I am called to make
a difference by staying salty.**

Challenge:

Get 2 types of saltine crackers—salted and unsalted—and do a blindfolded taste test. Can you tell which one has salt? Why or why not? Find some other salted and unsalted foods and try to notice the difference that salt makes.

Christians are supposed to make a difference! Find the 3 differences between the two pictures below.



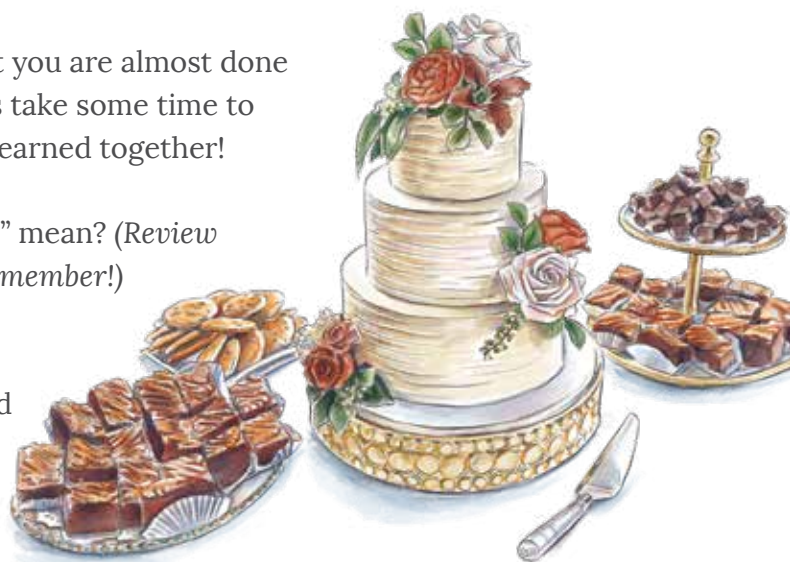
Today, thank Jesus for giving you a mission in this world. Ask Him to help you stay salty and spread His love.

*Find today's STAY SALTY sticker and add it to the plates on pages 4-5.

You did it! Now that you are almost done with this study, let's take some time to review what we've learned together!

What does "blessed" mean? (*Review Day 3 if you can't remember!*)

What are some of the things Jesus said make us blessed? (*Review Days 3-10 for a hint!*)



Why are Christians like salt and light in this world? (*Review Days 11 and 12 for help.*)

Should we be ashamed of being saved by Jesus or talking about Him? (*Check Day 19 for help!*)

1 Peter 1:3-7 tells us that Jesus has given us new life and a new future. As we live each day for Him, Jesus is making us more like Himself!

Read ^{KEY VERSES} **1 Peter 1:8-9**. Even though we can't see Jesus right now, what do we do?

You should have love, joy, and hope in Jesus! You don't need to be afraid. You know the truth, and you know Jesus. You have the most blessed life possible!

**I can choose joy
when I know Jesus!**

Find the 3 crosses hidden in this picture. Remember, you can live for Jesus because He is always with you!



Thank Jesus for this blessed life you get to live. Ask Him to help you rejoice because of this truth.

*Find today's CHOOSE JOY sticker and add it to the plates on pages 4-5.

Junior Level

Called Out

In 1926, a famous runner named Eric Liddell did something that shocked the world. He refused to run the Olympic 100-meter race because it was being held on a Sunday. The newspapers were in a frenzy over his decision, as he was expected to win the race, but that didn't change his mind. Eric sacrificed a possible Olympic gold medal because of his belief that Sunday was the Lord's day.

Do you think this was hard for Eric? How do you think he felt?

Read **Matthew 4:17-22**. What did Simon (Peter), Andrew, James, and John leave behind to follow Jesus?



Jesus called these men to follow Him. Everything about their lives changed when they left their fishing nets and answered His call.

Read **1 Peter 2:9-10**. What do these verses say about God's people?

Jesus' invitation to follow Him calls us out, sets us apart, and shows that we are chosen. As Christians, we are different from those who have not believed in Jesus for salvation, and we're SUPPOSED to be.

Christians are called out
to be different from the world.

Read **Matthew 19:29**.

How does Jesus take care of His disciples? (Hint: Look at the end of the verse.)

Jesus wasn't saying that you always have to leave your family in order to follow Him. Jesus was teaching that no matter what hard things you face or what you leave behind to follow Him, He will take care of you. This is true right now and always because Christians will spend forever in heaven with Jesus!

Is it worth it to you to follow Jesus? Is there anything holding you back from jumping in and living for Jesus?



If you're not sure that you are saved or what it means to be a Christian, talk to a parent or other trusted adult about it today!

If you aren't sure yet that following Jesus is worth it, that's okay. You're here, and that's a great start! As you work through this study, I pray you'll see just how good and right Jesus' way is. In fact, it's the only way to have true joy, peace, and blessing in this life!

Pray today and thank Jesus for calling you out from this world. Ask Him for the courage to own it and live your life for HIM!

*Find today's CALLED OUT sticker and add it to the plates on pages 4-5.

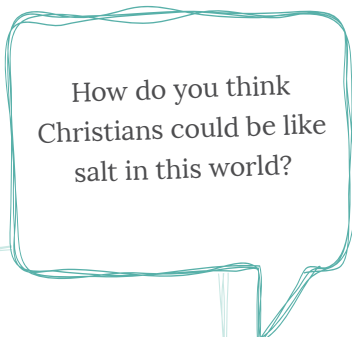
Stay Salty

Let's start today by reviewing the Beatitudes! Look back through the lessons you've done so far so you can remember what Jesus calls BLESSED.

As we try to live this blessed life, there are some important truths that can help us! For the rest of our study, we'll be learning about these truths.

Christians need to stay salty! By now, I'm guessing you know the drill. This means something completely different from what the world would tell you.

People sometimes use the word "salty" to mean someone is upset, irritated, annoyed, or even bitter about something. But that's not what we're talking about! Before most people had refrigerators, a lot of foods were preserved with salt. This method is still used sometimes with foods like bacon and cured ham. The salt pulls out moisture and keeps bad bacteria from growing and spoiling the food. Salt also adds a lot of flavor!



How do you think Christians could be like salt in this world?

Just like salt makes a difference by preserving food and giving it flavor, Christians are supposed to make a difference too! We should make other people's lives better, not worse. We should clearly be blessings to our family, friends, and neighbors, and we should obey Jesus by doing what is right and good.

Christians are called to make a difference by staying salty.

Read  **Matthew 5:13.**

What does this verse say Christians are?

It's so important to remember we have a purpose in this world. We're supposed to spread the love of Jesus around to everyone we know. Jesus wants you to stay salty!

What is one way you can stay salty for Jesus this week? Write or draw ways you can make a difference in people's lives with Jesus' love.



Today, thank Jesus for giving you a purpose in this world. Ask Him to help you stay salty and spread His love.

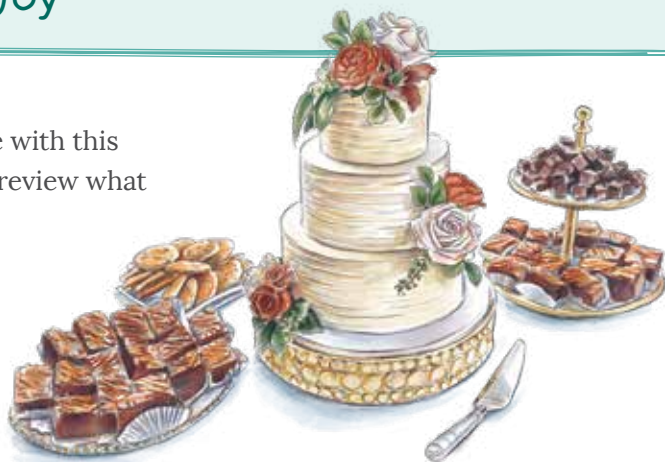
*Find today's STAY SALTY sticker and add it to the plates on pages 4-5.

Challenge:

Get 2 types of saltine crackers—salted and unsalted—and do a blindfolded taste test with a sibling or friend. Can you tell which one has salt? Why or why not? Find some other salted and unsalted foods and try to notice the difference that salt makes. Remember Jesus' call to stay salty!

Now that you are almost done with this study, let's take some time to review what we've learned together!

Fill in the blanks in the paragraph below. Look up Matthew 5:3-10 if you need help remembering.



hunger ■ merciful ■ peacemakers

Blessed ■ persecuted ■ meek ■ spirit

heart ■ thirst ■ satisfied

Blessed are the poor in _____, for theirs is the kingdom of heaven. _____ are those who mourn, for they shall be comforted. Blessed are the _____, for they shall inherit the earth. Blessed are those who _____ and _____ for righteousness, for they shall be _____. Blessed are the _____, for they shall receive mercy. Blessed are the pure in _____, for they shall see God. Blessed are the _____, for they shall be called sons of God. Blessed are those who are _____ for righteousness' sake, for theirs is the kingdom of heaven.

Match the question to its answer!

A cheerful one! •

Hear our prayers, help us, •
and provide for us

We make a difference! •

We should respond •
to evil with good

• How are Christians like salt and light in this world?

• What did Jesus mean by teaching us to “turn the other cheek” and “love your enemies”?

• What kind of giver does Jesus want you to be?

• What does God promise to do for you as your Heavenly Father?

Do we have any reason to be ashamed of being saved by or identified with Jesus? (Check Day 19 for help!)



1 Peter 1:3–7 tells us that Jesus has given us new life and a new future. As we live each day for Him, Jesus is making us more like Himself!

Read  **1 Peter 1:8–9.**

What response should we have to Jesus' kindness and goodness to us? 

You should be full of love, joy, and hope!
You don't need to be afraid because of what's going on in this world, worried about your needs, or unsure of the future. You know the truth, and you know Jesus. You have the most blessed life possible!

**Christians can choose joy
because we have Jesus.**

Thank Jesus for this blessed life you get to live. Ask Him to help you remember the truth and be joyful because of it.

*Find today's CHOOSE JOY sticker and add it to the plates on pages 4–5.

Youth Level

In 1926, Eric Liddell did something that shocked the world. He refused to run the Olympic 100-meter race because it was being held on a Sunday. The newspapers were in a frenzy over his decision, as he was expected to win the race, but that didn't change his mind. Eric sacrificed a possible Olympic gold medal because of his belief that Sunday was the Lord's day.

Have you ever sacrificed something because you are a Christian?

Read *Matthew 4:17-22*.

What can you learn about some of the first people to follow Jesus?

Read *1 Peter 2:9-10*.

What words in these verses describe Christians?

Jesus' invitation to follow Him calls us out, sets us apart, and shows that we are chosen. As Christians, we are different from those who have not believed in Jesus for salvation, and we're SUPPOSED to be.



Christians are *called out*
to be different from the world.

If you're not sure that
you are saved or what it
means to follow Jesus,
talk to a parent or other
adult about it today!

If you're not sure that you are saved or what it means to follow Jesus, talk to a parent or other adult about it today!

Pray today and thank Jesus for calling you out of this world. Ask Him for the courage to own it and live your life for HIM!

Let's start today by reviewing the Beatitudes! See if you can write them all down without looking back—don't worry about getting them in the right order.

Blessed are . . .

» _____	» _____
» _____	» _____
» _____	» _____
» _____	» _____

We've already discussed how most of these attitudes or character traits don't really make sense to the world that we live in. It often seems like competitiveness, pride, lying, and selfishness are the way to go. But clearly, this is the opposite of what Jesus taught.

When we live life for ourselves, we will constantly be striving, stressed, and unsatisfied. Living for Jesus and loving others, though, brings us freedom, peace, and truly satisfying blessings from God!

So, as we seek to live this blessed life, there are a few things we need to remember. For the rest of our study, we'll be focusing on these principles.

Read KEY VERSE » *Matthew 5:13.*

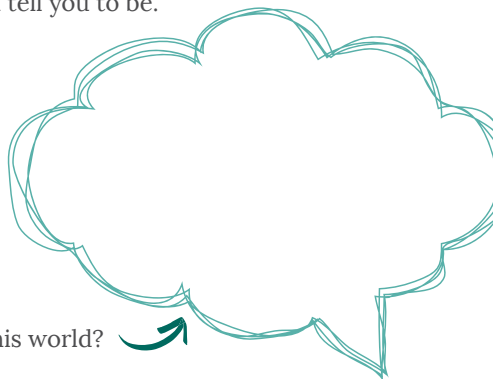
What principle do you think this verse is teaching?

Christians need to stay salty! By now, I'm guessing you know the drill. This means something completely different from what the world would tell you.

Have you ever used the word "salty" to describe yourself or someone else? Based on how you've heard it used, what does it seem to mean?

Most of us might expect “salty” to mean you’re upset, irritated, annoyed, or even bitter about something. Yikes! So how could it possibly be right for Christians to be salty? That sounds like something the world would tell you to be.

Before refrigerators were common, a lot of foods were preserved with salt. This method is still used sometimes with foods like bacon and cured ham. The salt pulls out moisture and keeps bad bacteria from growing and spoiling the food. In addition, salt adds a lot of flavor!



How do you think Christians could be like salt in this world?

Just like salt makes a difference by preserving food and giving it flavor, Christians are supposed to make a difference too! Our presence should make other people’s lives better, not worse. We should clearly be blessings to our family, friends, and neighbors, and we should be working against the evil in this world by obeying Jesus and doing good.

Christians are called to make a difference by *staying salty*.

If we have no effect on this world, we’re like salt that has lost its flavor and natural ability to preserve! That’s why it’s so important to remember we have a purpose in this world. We’re not supposed to pull away and isolate ourselves. We’re supposed to spread the love of Jesus around to everyone we know. Jesus wants you to stay salty!

What is one way you can stay salty for Jesus this week? .

Today, thank Jesus for giving you a purpose in this world.
Ask Him to help you stay salty and spread His love.

*Find today’s STAY SALTY sticker and add it to the plates on pages 4–5.



Challenge:

Get 2 types of saltine crackers—salted and unsalted—and do a blindfolded taste test with a sibling or friend. Can you tell which one has salt? Why or why not? Find some other salted and unsalted foods and try to notice the difference that salt makes. Remember Jesus’ call to stay salty!

You did it! Now that you are almost done with this study, I hope you are excited and encouraged to live your called-out, blessed life for Jesus in this upside-down world. Let's take some time to review what we've learned together!

Fill in the blanks in the paragraph below. Look up *Matthew 5:3-10* if you need help.

Blessed are the poor in _____, for theirs is the kingdom of heaven.
_____ are those who mourn, for they shall be comforted. Blessed
are the _____, for they shall inherit the earth. Blessed are those
who _____ and _____ for righteousness, for
they shall be _____. Blessed are the _____,
for they shall receive mercy. Blessed are the pure in _____,
for they shall see God. Blessed are the _____, for they shall
be called sons of God. Blessed are those who are _____ for
righteousness' sake, for theirs is the kingdom of heaven.

How are Christians
like salt and light
in this world?
(Review Days 11
and 12 for help.)

salt

light

What did Jesus mean by teaching us to
"turn the other cheek" and "love your
enemies"? (Hint: Look back at Days 13-14.)

What kind of giver does Jesus want you
to be? (Check back on Day 15 for review!)

»» _____

What does God promise to do for you as your Heavenly Father? How can these truths help you be content? (Look back at Days 16–18 to review.)

Do we have any reason to be ashamed of being saved by or identified with Jesus? Why or why not? (Check Day 19 for help!)

Before we end our study, I want to encourage you with one more passage from God’s Word.

Read *1 Peter 1:3–7*. What 3 exciting truths about being God’s children do you see in these verses?



» _____

» _____

» _____

Read ^{KEY VERSES} *1 Peter 1:8–9*. What effect should these truths have on you?

You should be full of love, joy, and hope! Jesus has called you out and given you a purpose, His strength, and a glorious future. You don’t need to be afraid because of what’s going on in this world, worried about your needs, or unsure of the future. You know the truth, and you know Jesus. You have the most blessed life possible!

Christians can *choose joy* because we have Jesus.

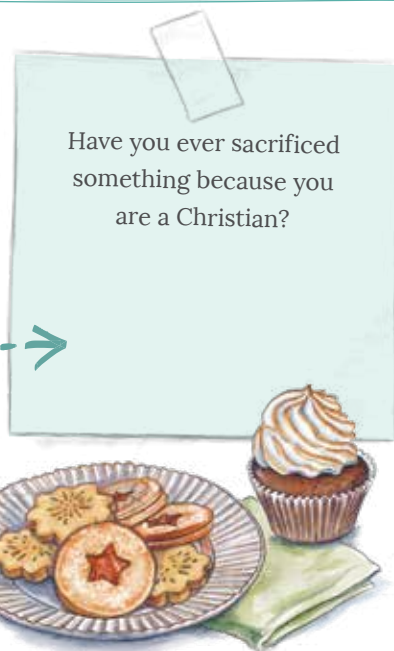
Today, look for reasons to rejoice and write them in a notebook or journal. God has been so good to you!

Thank Jesus for this blessed life you get to live. Ask Him to help you remember this truth and be joyful because of it. *Find today’s CHOOSE JOY sticker and add it to the plates on pages 4–5.

Parent Guide

In 1926, Eric Liddell did something that shocked the world. He refused to run the Olympic 100-meter race because it was being held on a Sunday. The newspapers were in a frenzy over his decision, as he was expected to win the race, but that didn't change his mind. Eric sacrificed a possible Olympic gold medal because of his belief that Sunday was the Lord's day. →

Read *Matthew 4:17-22*. What can you learn about some of the first people to follow Jesus?



These men were called out of their jobs, families, and everyday lives to follow Jesus!

Read KEY VERSES *1 Peter 2:9-10*. What words in these verses describe Christians?

Jesus' invitation to follow Him calls us out, sets us apart, and shows that we are chosen. As Christians, we are different from those who have not believed in Jesus for salvation, and we're SUPPOSED to be.

Christians are *called out*
to be different from the world.

Sometimes, though, the differences between us and the world can make us feel a little too different. Unbelievers might mock us for obeying God and believing the Bible is true. We might get made fun of for respecting authority or deciding not to participate in something we know is wrong.

Sometimes, though, the differences between us and the world can make us feel a little too different. Unbelievers might mock us for obeying God and believing the Bible is true. We might get made fun of for having certain rules for our kids or deciding not to participate in something we know is wrong.

Read *Matthew 19:29*. How does Jesus take care of His disciples?

Jesus wasn't saying that we have to leave our families in order to follow Him, although that has been the case for some Christians throughout history. Jesus was teaching that no matter what hard things you face or what you leave behind to follow Him, He will take care of you. This is true right now, and it's true because Christians will spend forever in heaven with Jesus!

Have you ever read missionary stories or biographies with your kids? Some of my favorites are Gladys Aylward, David Livingstone, Adoniram Judson, Mary Slessor, and Amy Carmichael. While all Christians are called to follow Jesus wholeheartedly, these stories can show your kids the extraordinary dedication of these Christians and the amazing ways Jesus cared for them in the big and small things in life.

So here's the question you need to answer: Is it worth it to you to follow Jesus? What fears or concerns might hold you back?

As you work through this study, I pray you'll see just how good and sweet Jesus' way is. In fact, it's the only way to have true joy, peace, and blessing in this life!

Pray today and thank Jesus for calling you out of this world. Ask Him for the courage to own it and live your life for HIM!

*Find today's CALLED OUT sticker and add it to the plates on pages 6-7.

Scripture: 1 Peter 2:9-10

Key Truth: Christians are called out to be different from the world.

Discussion: What does it mean that Christians are "called out" by Jesus? What are we called to do? What does Jesus promise to those who follow Him?

Let's start today by reviewing the Beatitudes! See if you can write them all down without looking back—don't worry about getting them in the right order.

Blessed are . . .

» _____	» _____
» _____	» _____
» _____	» _____
» _____	» _____

We've already discussed how most of these attitudes or character traits don't really make sense to the world that we live in. It often seems like competitiveness, pride, lying, and selfishness are the way to go. But clearly, this is the opposite of what Jesus taught.



When we live life for ourselves, we will constantly be striving, stressed, and unsatisfied. Living for Jesus and loving others, though, brings us freedom, peace, and truly satisfying blessings from God!

So, as we seek to live this blessed life, there are a few things we need to remember. For the rest of our study, we'll be focusing on these principles.

Read KEY VERSE » **Matthew 5:13.**
What principle do you think this verse is teaching?

Christians need to stay salty! By now, I'm guessing you know the drill. This means something completely different from what the world would tell you.

Have you ever used the word "salty" to describe yourself or someone else? Based on how you've heard it used, what does it seem to mean?

Most of us expect “salty” to mean you’re upset, irritated, annoyed, or even bitter about something. Yikes! So how could it possibly be right for Christians to be salty? That sounds like something the world would tell you to be.

Before refrigerators were common, a lot of foods were preserved with salt. This method is still used sometimes with some foods like bacon and cured ham. The salt pulls out moisture and keeps bad bacteria from growing and spoiling the food. In addition, salt adds a lot of flavor!

How should Christians resemble salt in this world?

Just like salt makes a difference by preserving food and giving it flavor, Christians are supposed to make a difference too! Our presence should make other people’s lives better, not worse. We should clearly be blessings to our family, friends, and neighbors, and we should be working against the evil in this world by obeying Jesus and doing good.

Sometimes we can get overwhelmed by how wicked the world is and just pull away and isolate ourselves and our families. But this is not what Jesus has called us to do! We’re supposed to be out there making a difference for Him by spreading His love. Is there any way your family has pulled back from reaching out and making a difference? How can you get back out there and stay salty?

Christians are called to make a difference by *staying salty*.

Today, thank Jesus for giving you a purpose in this world. Ask Him to help you stay salty and spread His love.

*Find today’s STAY SALTY sticker and add it to the plates on pages 6–7.



Get 2 types of saltine crackers—salted and unsalted—and do a blindfolded taste test with your kids. Can you tell which one has salt? Why or why not? Find some other salted and unsalted foods and try to notice the difference that salt makes. Remember Jesus’ call to stay salty!

Scripture: Matthew 5:13

Key Truth: Christians are called to make a difference by staying salty.

Discussion: What does salt do? How are Christians supposed to be like salt in this world? What does making a difference for Jesus look like?

You did it! Now that you are almost done with this study, I hope you are excited and encouraged to live your called-out, blessed life for Jesus in this upside-down world. Let's take some time to review what we've learned together!

Fill in the blanks in the paragraph below. Look up *Matthew 5:3-10* if you need help.

Blessed are the poor in _____, for theirs is the kingdom of heaven.
_____ are those who mourn, for they shall be comforted. Blessed
are the _____, for they shall inherit the earth. Blessed are those
who _____ and _____ for righteousness, for
they shall be _____. Blessed are the _____,
for they shall receive mercy. Blessed are the pure in _____,
for they shall see God. Blessed are the _____, for they shall
be called sons of God. Blessed are those who are _____ for
righteousness' sake, for theirs is the kingdom of heaven.

For an extra challenge, consider memorizing this passage together as a family! You will never regret spending time hiding God's Word in your heart and helping your kids to do the same in their hearts.

How are Christians like salt and light in this world?

What did Jesus mean by teaching us to
"turn the other cheek" and "love your enemies"?

What kind of giver does
Jesus want you to be?

What does God promise to do for you as your Heavenly Father?
How can these truths help you be content?

Before we end our study, I want to encourage you with one more passage from God's Word.

Read *1 Peter 1:3-7*. What 3 exciting truths about being God's children do you see in these verses?

» _____

» _____

» _____

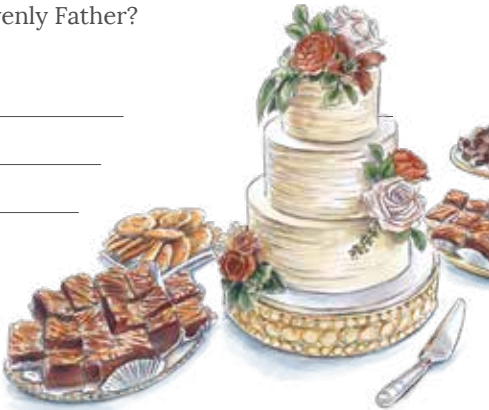
Read ^{KEY VERSE} » *1 Peter 1:8-9*. What effect should these truths have on you?

You should be full of love, joy, and hope! Jesus has called you out and given you a purpose, His strength, and a glorious future. You don't need to be afraid because of what's going on in this world, worried about your needs, or unsure of the future. You know the truth, and you know Jesus. You have the most blessed life possible!

Christians can *choose joy* because we have Jesus.

Thank Jesus for this blessed life you get to live. Ask Him to help you remember this truth and be joyful because of it.

*Find today's CHOOSE JOY sticker and add it to the plates on pages 6-7.



Scripture: 1 Peter 1:8-9
Key Truth: Christians can choose joy because we have Jesus.

Discussion: What does a blessed life look like? How does being a disciple of Jesus help us when life is hard, confusing, or discouraging? What is one truth from this study that stood out to you?



BLESSED

Do you want the secret to having the best life possible? You can't buy it or get it by knowing the right people or doing all the right things. You have to be **called out!**

That's right! When we trust Jesus to save us from our sin, Christians are called out from this world to live for Jesus. Do you know what that actually looks like? Come along and see! As we study Jesus' instructions in the Beatitudes and other passages from His Sermon on the Mount, you will learn what can make your life abundant, full, and **blessed**.

