

Sunday morning  
teaching plan

22<sup>nd</sup>  
February  
2026

<b>TITLE:</b>	The sermon on the mount
<b>THEME:</b>	The life of Jesus
<b>AIM:</b>	To gain an overview of the Sermon on the Mount and discover its relevance to life today.

### BACKGROUND AND CONTEXT

The Sermon on the Mount is a block of Jesus' teaching which both inspires and overwhelms by the nature of its content. In talking to his followers on the hillside Jesus challenges them to live life God's way, to do to others as they would like to be done to themselves, not to hide away the light and love of God in their lives but to let it be seen by everyone and even in the smallest detail the way they conduct themselves is to be perfect.

The Christian life is all about a living relationship/friendship with Jesus. These standards or principles are not cold rules, but an outworking of wanting to live our lives in the way our Lord and friend wants. Perfection is impossible but God forgives, gives a second chance and helps, if we allow Him, through the power of the Holy Spirit.

In the Sermon on the Mount, Jesus also talks about God's kingdom values which are so different from the world most of today's teenagers inhabit. He doesn't talk about the celebrity inheriting the earth but the meek! Here we look at some of the Kingdom values that Jesus calls us to and the promises they hold.

### WARM UP

#### Backwards challenge.

- Say the alphabet backwards
- Recite the months of the year backwards
- Spell the name of your church backwards
- Count down from 100 to 1

Who can complete the challenge in the shortest time?

## MAIN TEACHING

### 1. Quiz

The Sermon on the Mount contains a lot of teaching from Jesus about God's way to live life, some of which we may find very difficult to carry out and some which we may find it hard to understand. Nevertheless, although many people would disagree with some parts, this is God's truth and the way to live life His way.

### 2. Wear Sunscreen

<https://www.youtube.com/watch?v=sINRZWuL568>

Discuss the following:

- Is there any advice in there that you think is especially worth listening to?
- Is there any that you think isn't worth listening to?

Ask the group to imagine that they had the opportunity to give good advice to someone a few years younger than them. What would they say?.

Are there any of the things they come up with that they think are especially important or useful?

The Bible contains a great deal of wisdom, including in the teachings of Jesus. One of the most famous passages of Jesus' teaching is the Sermon on the Mount.

**Teaching Point:** To introduce the topic for the session by getting the group to think about what makes good advice or instruction.

### 3. Do Life's God's Way

Imagine what it would be like to go to a school where no-one was bullied, to live in a town where it would be safe to go down any street, alone, at any time of the day or night, to live in a country where everyone had enough, and those who had more were happy to share.

In groups: describe their ideal kingdom. Discuss if it's possible to have such an ideal community.

*One day Jesus climbed up the side of a hill and began to teach the people about the best possible way they could live their day to day lives. He gave them His Kingdom rules – if people kept them then the world would be a very different place.*

Give each group a different part of Jesus' teaching to read and then put into their own words

- Matthew 5:21-24 (bad mouthing as bad as murder)
- Matthew 5:33-37 (just say yes or no)
- Matthew 5:43-48 (love your enemies)
- Matthew 6:1-4 (do acts of kindness in secret)

Ask:

- Is this true of the way people live their lives today?
- If it's not true, why not?
- Are they easy rules/advice to follow?

*Jesus is talking to those who are following Him, He is saying that if we take Him seriously, then we will want to live our lives His way. Not only is that of benefit to those around us but it's also pleasing to God. When we love someone we want to please them, in the same way if we love God then we will want to do life His way. God doesn't expect us to be perfect (Matthew 5:48) on our own, He gives us the Holy Spirit to help us.*

**Teaching Point:** To reflect on the challenge of God's Kingdom rules.

#### **4. Beatitudes:**

Give out the handouts on the Sermon on the mount and look at the beatitudes.

1. Which Beatitude speaks to your life right now?
2. Which one feels hardest to live out? Why?
3. How can you practice one of these this week in school, home, or online?

### **TAKEAWAY**

Sermon on the mount booklets to read and reflect on Jesus' word at home. Come back with thoughts and questions.

### **EXTRA INFORMATION**