THE BEATITUDES—
JESUS’ RECIPE FOR A
HAPPY ATTITUDE

A Mini Bible Study for Elementary Grades

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Grade Level(s): 1-6

Content Area(s): Bible

Description/Abstract of Lesson/Unit: This is a mini Bible study unit about the Beatitudes (Matthew 5:3-10)

Key Concept/Enduring Understanding:
- Understanding God through Bible study (gr. 1)
- Bible lessons in daily life (gr. 2)
- Daily Scripture study (gr. 3)
- Developing a Christ-like character (gr. 4)
- Power of choice (gr. 5)
- The Bible reveals God (gr. 6)
- And many others

Essential/Guiding Question: How does the Bible support, explain, augment, and affirm Jesus’ recipe for a happy attitude, as given in the Beatitudes?

Standards Addressed: See above.

Specific Learning Outcomes:
- Head: Students will know what the Bible says about how to have a happy attitude.
- Heart: Students will feel the Holy Spirit working on their hearts to accept Bible truth as presented.
- Hand: Students will have a daily opportunity to choose God’s way.

Assessment of Outcomes: The Bible studies are teacher-led, and therefore informal assessment can be done during the lesson. I have not chosen to collect and grade the Bible studies, as decisions made at the end of each study may be very personal. Formal assessment doesn’t really fit with the purpose of this unit.

Time Requirements for Lesson/Unit: There are 8 lessons, and I would recommend that they be done one per day. So the unit could take two weeks or more.

Preparation time: The teacher should plan to spend at least 30 minutes in personal Bible study and prayer before presenting each lesson. However, it could be done with no preparation except for making copies (not at all recommended).

Class time: 20-40 minutes.

Accommodations, Adaptations, & Extensions: I have included two study guides, one with “fewer blanks” and one with “more blanks”. Further explanation is given in the Teacher’s Helps.

Required Materials: International Children’s Bible (New Century Version) is needed for each child (or group), along with a pencil and copies of the Bible study for each child. Optional is a pocket or 3-prong folder for each student.

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TEACHER’S HELPS – INTRODUCTION

As a Seventh-day Adventist teacher since 1996, I’ve taught primarily multi-grade and primarily lower grades. I choose to work in the Adventist school system because I believe it’s a wonderful place to make the biggest spiritual difference in the lives of students. So far in my career, I’ve taught 10 years in the Nevada-Utah Conference, 2 years at Bangkok Adventist International School in Thailand, and 4 years in the Georgia-Cumberland Conference.

I really enjoy making Bible & Worship the “special-est” part of the school day, and sometimes I do this by combining my worship theme with the current theme from the Bible curriculum. I’m sure many Adventist teachers do the same, and am happy to share this resource with you.

I created this Mini Bible Study (MBS) in 2002 as a result of two things going on in my classroom at the time. First, I was working with a very difficult principal and was inspired to focus on something positive. Secondly, the Series 3 Bible curriculum for lower grades has a lesson on the Beatitudes (part of unit 7 on happiness). The year I first taught the Bible studies in my classroom, I just used notes I had jotted down on scratch paper while doing personal devotional reading from Thoughts from the Mount of Blessing by Ellen White, and scouring the Bible with use of a concordance. I shared it that year with my 1st-4th grade students informally. They used their Bibles to look up the texts, but it didn’t have the worksheets with it. You may want to do the same thing.

The study sheets came about because my parents chose the Beatitudes as their theme for Primary campmeeting in the Michigan conference in 2004. They asked me to share my Mini Bible Study (MBS) with the children, and I prepared the MBS study sheets for campmeeting. After creating the “more blanks” set, my mom and I decided there were too many blanks for Primary children to complete in the short amount of time I had for the lesson—thence the “fewer blanks” set. I have since used the “more blanks” in my classroom when teaching grades 3-5.

I used the International Children’s Bible (ICB) for the studies, since that’s the Bible used with the lower grade Bible curriculum, and a very child-friendly choice in general. (The only doctrine I’ve found that you really can’t teach from the ICB is the state of the dead, and this series is not doctrinal.)

For memorization purposes, I use the KJV. It’s kind of lyrical, lending to a poetic feel and memorability. The last page of this document includes the full KJV text, which you can copy for your students. Also, you can use Thy Word Creations’ “The Beatitudes: An Illustrated Bible Passage for Young Children” (book and CD set) to help your young scholars memorize the passage. Order online directly from the publisher at: http://www.thywordcreations.com/beat.htm. This set is also available from Country Life Natural Foods (located in Michigan), here: http://tinyurl.com/CLNFbeatitudes.

TEACHER’S HELPS – GENERAL COMMENTS

It would be helpful for you to take time before teaching the study, to sit down with a student copy and write in the correct answers. Also prayerfully make notes to yourself on that copy, and teach from that copy. Using an ink color other than black is helpful so you can easily see your annotations.

I recommend that the “fewer blanks” set be used for children 8 or 9 years old and under, and that the “more blanks” set be used for children 9 or 10 and above. I think it could be used effectively through at least the 6th grade. If you teach grades 1-8 in the same classroom, I would recommend using “more blanks” and assigning older students to help the younger ones.

The Bible study is formatted to print back-to-back, and to have a larger margin on the left side so that the pages can be placed in a 3-prong folder. I’ve found that the children are better able to keep the pages neat if I insert all the pages in the folder before passing it out on the day of the first study. However, you may want to give them each MBS page on the day of the study. It’s up to you! If possible, print directly from your computer, rather than making photocopies, as the clipart looks better when it’s not copied. (It works either way, though.)
TEACHER’S HELPS – FOR USE AT SCHOOL

I first used the MBS in my classroom. I used it for classroom worship times, and always let worship spill over into Bible class. Each classroom teacher will want to spend time with this resource and decide for him/herself how it will best enhance learning in the classroom. Please see the Helps for each individual lesson for discussion ideas and other suggestions. I usually create a bulletin board to go with this unit (lots of smilies, along with the text and an illustration for each beatitude—email me for ideas), and have students memorize the passage over a period of about one month.

TEACHER’S HELPS – FOR USE AT CHURCH

If using the MBS in a church or campmeeting setting, you might consider putting a numbered sticky-note on the front of each Bible. Inside each Bible, put another sticky-note in the correct place, making it easier and quicker for the children to locate the Bible texts for the day’s study.

Your weekly or daily procedure might go something like this:

**Explain/review procedures:** Don’t write in Bibles or fold or bend pages. Don’t remove the sticky-notes. Don’t write on the tables. (Give other pertinent instructions.)

**Say Memory Verse:** This is a good way to get them settled in and ready to focus.

**Pray:** Pray a short prayer asking for the Holy Spirit to make us good learners.

**Bible Study:** Read the instructional paragraphs to them and discuss them briefly as you feel comfortable. When you get to the Bible verses, ask a student near that Bible to read the verse out loud. See Teacher’s Helps for each individual lesson for discussion ideas and other suggestions.

**Personal Prayer:** Hopefully there is time to actually read/write this during the class. If not, don’t worry about it. It is my hope that they will review these Bible Studies at home sometime, and the prayer prompt will help them make a deeper commitment to the principles they learned during the Bible study.

**Exit procedure:** Remind them about where to put their folders, pencils, Bibles, etc. and how to leave the room.

If by any possible chance you end up with more time at the end of the Bible study, you can always help them practice their memory verses. Remember that just because one Bible study session ends with extra time, that doesn’t mean the next lesson will be as speedy! Always be flexible!!!

TEACHER’S HELPS – FOR USE AT HOME

If using the MBS at home, just take your time. For the youngest of children, you might consider the sticky-note option mentioned above. If your children are acquainted with locating Bible texts, this would not be necessary. Even if your children are not yet expert at text location, it could be advantageous to use the MBS as a good way for them to start learning the skill. Please refer to the Teacher’s Helps for each individual lesson for discussion ideas and other suggestions.

TEACHER’S HELPS – A FINAL WORD

It is my prayer in sharing this MBS set with you that the Holy Spirit will touch hearts and lives and prepare His precious children for heaven.

MY CONTACT INFORMATION

Please contact me by email: <emartinez[at]gccsda[dot]com> or <jkmyjwm[at]aol[dot]com>. I would love to hear how these Bible studies have blessed your students. If you find any typos or other errors, I’d like to know so I can fix them! Thank you and God bless you and the children you minister to.
Blessed are the poor in spirit, for theirs is the kingdom of heaven.

MINI BIBLE STUDY #1

Introduction: What does “poor in spirit” mean?
- The Bible reference: Matthew 5:3
- Spirit of Prophecy reference: Thoughts from the Mount of Blessing pages 6-9
  - Poverty is being poor. So it’s a feeling of being poor in my soul (my heart or my mind).
- Suggested discussion: “That helps a little bit. I know now that Jesus is not talking about being poor as in not having money, but instead He is talking about being poor in some other way. Let’s look at some verses in the Bible to help us understand better what this spiritual poverty means.”

Guiding Question: How can the Bible help me understand better what Jesus meant?

Mini Bible Study:
Students will look up the following verses, which emphasize how sinful we are, and that God has the solution to our sin problem.
1. Ps. 70:5
2. Rom. 3:23
3. Rev. 3:17
4. Isa. 64:6
Suggestion: Ask, “Are you feeling spiritually poor after those statements? [Allow students to respond as time allows.] Well, God has the solution!”
5. Rev. 3:18

What does being poor have to do with being happy?
6. Isa. 61:10

♥ We could say we realize that without Jesus, we are nothing.

Would you like to ask Jesus to help you right now?
Allow students time to write or at least silently say a prayer asking for help if they feel the need.

Additional study:
- We don’t have to despair. Titus 3:5. “He saved us because of His mercy, not because of good deeds we did to be right with God.”
- How does Jesus show us what it means to be poor in spirit? 2 Cor. 8:9. “Christ was rich, but for you He became poor.”
- Are there others in the Bible who showed spiritual poverty?
- What is the kingdom of heaven?
Blessed are they that mourn, for they shall be comforted.

MINI BIBLE STUDY #2

Introduction: What does it mean to “mourn”?  
- The Bible reference: Matthew 5:4  
- Spirit of Prophecy reference: Thoughts from the Mount of Blessing pages 9-13  
- Suggested discussion: “So it has something to do with sadness, and when you’re sad you often cry. Mourning has to do with being sad or crying. Sometimes we mourn because of something that happened, but there isn’t anything we as children can do about it. It just makes us sad. And sometimes we’re sad and we cry because we’re sorry about something. We may mourn because we got in trouble and are afraid of what will happen next. Is that what Jesus was talking about? No! Remember that in our last Bible study, we learned that we are sinful? In this Beatitude, Jesus is letting us know we should be sorry because we’ve been naughty.”

Guiding Question: What does the Bible say about being sorry for our sins?

Mini Bible Study:
Students will look up the following verses, which tell us what to do when we realize we’ve sinned.
- James 4:8, 9
- 1 John 1:9

What are some sins we should mourn for?
- Dan. 9:4, 5 [for not choosing to obey]
- Ps. 51:4 [for disappointing God (and your parents)]
- Ps. 51:14 [for hurting others]

Suggestion: Say, “Don’t answer out loud, but what is the Holy Spirit telling you/convicting you of right now? Have you done something that you need to say sorry for?” [Wait for students to think about this quietly for a few seconds.]

What does being sad have to do with being happy? The answer has to do with Who comforts us!
- Isa. 51:11, 12
- Ps. 32:1

Suggested discussion: You have to be sad for what you did, be comforted by being forgiven by Jesus, and that makes you happy because Jesus can save you.

- We could say we are sorry for our sins and ask forgiveness.

Would you like to ask Jesus to forgive you for something you’ve done wrong?
Allow students time to write or at least silently say a prayer asking for forgiveness for sin.

Additional study:
- James 4:7-10 is a more complete passage to go with #2 above.
- More on Who comforts and how:
  - Isa. 61:1-3 “…He has sent me to comfort those whose hearts are broken.”
  - Job 5:11 “God … lifts to places of safety those who are sad.”
- Who are some Bible characters that gave examples of mourning (or not mourning) for their sins?
  - Psalm 51 David
  - Daniel 9:4-19 Daniel
  - Matt. 27:3-5 (Judas—mourning for the wrong thing or at the wrong time)
  - Acts 5:1-11 (Ananias—not mourning)
Blessed are the meek, for they shall inherit the earth.

MINI BIBLE STUDY #3

Introduction: What in the world is “meekness”?
- The Bible reference: Matthew 5:5
- Spirit of Prophecy reference: Thoughts from the Mount of Blessing pages 13-17
- Suggested discussion: “Is meekness the same as weakness? What is the picture of the box representing? Emptiness. A meek, humble person is not selfish or proud. A meek person will realize that we need others for certain things.”

Guiding Question: How does the Bible help me understand what Jesus meant when He said we should be meek?

Mini Bible Study:
Students will look up the following verses.
2. Phil. 2:3-7 [Note that there are several verses to read within this passage. Not all of the words are on the MBS page. You may need to explain what the ellipses are for.]
Note: The verse, “In your lives you must think and act like Christ Jesus,” is an excellent segue into #3.
Suggestion: Read each bold, italic section as you come to it.
3. Matt. 11:29
4. Ps. 46:10 [Point out that a meek person is willing to listen to others.]
5. Eph. 4:2
6. Micah 6:8
7. Zeph. 2:3

We could say we accept that Jesus is the only One who can help us.

Would you like to ask Jesus to help you listen to Him, so that you can be more like Him?
Allow students time to write or at least silently say a prayer asking God to speak. Take time to listen to Him!

Additional study:
- Ps. 37:11 “People who are not proud will inherit the land.”
- James 3:13 “Is there anyone among you who is truly wise and understanding?… He should do good things without being proud.”
- Col. 3:12-15 “…Show mercy to others; be kind, humble, gentle, and patient.”
- I Tim. 6:11 “But you are a man of God…. Try to live in the right way, serve God, have faith …and gentleness.”
- Are there other meek people in the Bible we could look at? (Moses is one example.)
- Jesus told Satan “no”, when he offered Jesus the “kingship” of the earth. So why should I want to inherit the earth? And when will I inherit it? What is “inheriting” anyway?
Blessed are they which do hunger and thirst after righteousness, for they shall be filled.

MINI BIBLE STUDY #4

Introduction: What does “righteousness” mean?

- The Bible reference: Matthew 5:6, Matthew 6:33
- Spirit of Prophecy reference: Thoughts from the Mount of Blessing pages 18-21
  - Right-doing, doing right
- Suggested discussion: “God wants me to do right. But Jesus doesn’t simply say those who do right are happy. He says we’re happy when we hunger and thirst to do right. It makes me think of eating and drinking. Is that what Jesus is talking about?”

Guiding Question: How does the Bible explain what Jesus meant when He said we should “hunger and thirst” for doing right?

Mini Bible Study:
Students will look up the following verses.

3. Ps. 23 [Again, this passage includes more verses than are printed on the MBS page. Help students make the connection that just like a shepherd gives the sheep the right things to eat and drink, God provides for our needs, spiritually as well as physically.]
   Suggestion: Say, “Our bodies get hungry in one way, and our minds or hearts get hungry in another. What does the Bible say we should hunger for spiritually?”
4. Ps. 42:1
5. John 4:14
6. John 6:35

What am I going to be “filled” with? I can definitely see how that part would make me happy!

7. Ps. 103:5
8. Matt. 6:33

We could say we want to become like Jesus.

Would you like to choose to be like Jesus today?
Allow students time to write or at least silently say a prayer asking Jesus to make them like Him.

Additional study:

- Ps. 37:10 “Even lions may become weak and hungry.”
- Matt. 14:13-21 “All the people ate and were satisfied.” (Feeding of the 5000)
- Isa. 49:10 “They will not be hungry or thirsty…. God … will lead them.”
- Rev. 7:16,17 “Those people …will never be thirsty again…. He will lead them to springs of water that give life.”
- If I’m never thirsty or hungry again, does that mean that I don’t have to spend time with Jesus after that? (This is a very important question to follow up Jesus’ statements in #5, 6 above!)
  - Acts 17:11 “They studied the Scriptures every day.” (Bereans)
Blessed are the merciful, for they shall obtain mercy.

MINI BIBLE STUDY #5

Introduction: What’s another word for “mercy”?  
- The Bible reference: Matthew 5:7, Colossians 3:12  
- Spirit of Prophecy reference: Thoughts from the Mount of Blessing pages 21-24  
  o Mercy = kindness  
- Suggested discussion: “Jesus talks a lot about mercy or kindness. Let’s look at one.”
    - So we’re supposed to be like God.

Guiding Question: What does the Bible say about God’s mercy?

Mini Bible Study:  
Students will look up the following verses, which explain more about God’s mercy, and then more about His expectations for us.  
4. Ex. 34:6, 7  
5. Ps. 103:8  
Suggestion: Ask, “Can we be like God?”
6. Eph. 4:32  
7. 1 John 3:18  
8. Prov. 20:11  
What does being kind have to do with being happy? (That’s easy!!)  
9. Prov. 14:21

We could say we work to show others what Jesus is like.

Would you like to ask Jesus help you be kind to others today?  
Allow students time to write or at least silently say a prayer asking for help.

Additional study:  
These first verses focus on the characteristic of God that we want to reflect. Mercy is an attribute of God, integral to His character (cf. Ex. 24:6-7.) When we show mercy, we act like God or in His place, to others. (See also Neh. 9:17, which has similar words.)
- Ps. 117:2 “His merciful kindness is great toward us”  
- Jonah 4:2 “He is merciful, slow to anger, of great kindness”  
- Titus 3:5 “He saved us because of His mercy, not because of good deeds we did to be right with God.”  
- Ps. 103:9-18 show how God treats us even though we don't deserve it. (goes with #5 in the MBS)  

When we show mercy, we are happy:  
- Prov. 3:3, 4 “Mercy and truth written on heart leads to high esteem in the eyes of God and man”  
- 2 Cor. 9:7 “God loves a cheerful giver” (often used in connection with money, but could be applied to other aspects of giving too)

Whole very practical section on Loving enemies with many illustrations of how to show love / mercy in Luke 6:27-36 (see #3 in the MBS) ends with “Therefore, be merciful just as your Father in heaven is merciful.” Compare with Matt. 5:43-48 which ends with “Be ye therefore perfect as your Father which in heaven is perfect.” Is merciful the same as perfect???

Finally, there is a beautiful though complex passage in Eph. 2:4-10 which speaks to this topic. (Though probably not for kids!!!) “But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in sin, makes us sit together with Him in heavenly places.” He shows us the riches of His grace. And saves us by grace through faith -- a fantastic gift of God. The reason He has done all this? So that we can do good works which He has prescribed (prepared beforehand) for us to do!!!!
MINI BIBLE STUDY #6

Introduction: *What does it mean to be “pure in heart”?*

- The Bible reference: Matthew 5:8
- Spirit of Prophecy reference: *Thoughts from the Mount of Blessing* pages 24-27
  - Pure means clean.
- Suggested discussion: We often hear Jesus described as “pure”.

Guiding Question: *What does the Bible say about being pure?*

**Mini Bible Study:**
Students will look up the following verses, which move through various questions, in *bold italics* throughout the MBS. Be sure to read those sections with the students.

1. 1 John 3:3
2. Ps. 12:6
3. Ps. 19:8
4. Suggestion: Say, “So it’s clear that Jesus had a pure heart. Why is it so important that my heart—my thoughts—be pure?”
5. Matt. 12:45, 46
6. Prov. 23:7 [Note that I quoted from the NKJV. I felt the NCV was not as clear as the NKJV.]
7. Phil. 4:8

This is a struggle for many Christians, both young and old. The following texts give us hope!

8. Ps. 51:7 (David is asking God to do something in him; see also vs. 10)
9. Eze. 36:26 (God is telling us what He will do for us if we let Him)

Note: God does all the work here—we just let Him do it!

♥ We could say that *because our hearts are cleaned by Jesus, we love Him more than before.*

**Would you like to ask Jesus to give you a clean heart today?** (This is a daily need!)
Allow students time to write or at least silently say a prayer asking for a clean heart.

**Additional study:**

- Phil 2:5 “Let this mind be in you which was also in Christ Jesus.”
- I John 3:3 “Anyone who has this hope in Him purifies himself as He is pure.”
- Ps. 24:3, 4 “Who may stand in His holy Temple? Only those with clean hands and pure hearts.”
- I Tim. 5:22 “…Keep yourself pure.”
- 2 Tim. 2:22 “Stay away from the evil things young people love to do…. Work … with those who have pure hearts and who trust in the Lord.”
- Ps. 119:140 “Thy word is very pure.”
- Prov. 30:5 “Every word of God is pure.”
- So we need Jesus help to have pure thoughts. How does He do it? By the washing of the word. (Eph 5:26)

This shows itself in action:

- James 1:27 “Pure religion is to visit orphans and widows in trouble and keep unspotted from the world.”
- 1 Peter 1:22 “Love one another fervently with a pure heart.”
- Rom 12:3 “We are not to think more highly of ourselves than we should think, but think soberly.”
- Phil. 2:3 “In lowliness of mind, let each esteem others better than himself.”
Blessed are the peacemakers, for they shall be called the children of God.

MINI BIBLE STUDY #7

Introduction: What is a “peacemaker”?  
- The Bible reference: Matthew 5:9
- Spirit of Prophecy reference: Thoughts from the Mount of Blessing pages 27-28
- Suggested discussion: “We often think of peacemaking as something we do on the playground or when siblings get in a fight. In the Beatitudes, Jesus is talking about something more than just helping others get along. In this MBS, we will learn more about both!”

Guiding Question: What does the Bible say about having peace and about making peace?

Mini Bible Study: Students will look up the following verses, which lead them through the practical and spiritual aspects of peacemaking.
2. Eph. 2:14
3. John 14:27
4. Isa. 26:3
5. Rom. 12:18
6. Ps. 34:14

Suggested discussion: Follow the thoughts as lined out in the bold italic section on MBS pg. 14.
7. Rom. 5:1
8. Mark 16:15

If peacemaking is so hard, how am I going to be happy?
9. Ps. 133:1

We could say we try to help others understand God better.

Read the last sentence of 2 Cor. 5:18. Make a list of people you know. Ask Jesus to help you know how to introduce them to Him. Allow students time to write or at least silently say a prayer asking God to guide you in leading others to Him.

Additional study:
- Do we have to wait for heaven to be called the children of God? How do children of God act?
  o Story of Jesus washing the disciples’ feet when they were all quarrelling over who was the greatest. (Foot washing text is John 13:1-17.)
  o Matthew 18 -- Jesus tells how to deal with relationship problems.
  o 1 Pet. 3:10, 11 “A person must do these things to enjoy life…. He must look for peace and work for it.”
  o Rom. 14:19 “Let us try to do what makes peace”
Blessed are they which are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

MINI BIBLE STUDY #8

Introduction: What does it mean to be persecuted?
- The Bible reference: Matthew 5:10
- Spirit of Prophecy reference: Thoughts from the Mount of Blessing pages 29-31
  - Persecution = being treated badly
- Suggested discussion: “Is being bullied the same as being persecuted? Is being teased because I pick my nose the same as being teased because I go to church on Sabbath?”
- 1 Peter 3:17
- Please see Trudy Morgan-Cole’s article, reproduced by permission on pages 11-12 of this document, for further ideas in presenting the topic of persecution.

Guiding Question: What Bible promises can help me keep my happy attitude even during persecution?

Mini Bible Study:
Students will look up the following verses, which provide hope and comfort in the context of persecution.
3. 1 Cor. 10:13
4. Matt. 10:19
5. Isa. 41:13
6. Matt. 28:20
Suggestion: Ask, “Do you believe those promises? If so, you can see how persecution can bring blessing and happiness—because Jesus is with you!”
7. 1 Pet. 3:14
8. 2 Cor. 12:10

We could say this step is the ultimate sacrifice we give for following Jesus.

Would you like to ask Jesus to help you feel His presence with you all the time?
Allow students time to write or at least silently say a prayer letting Jesus know how important it is to them to feel Him with them, and how much they want to live faithful lives and see Him soon in heaven.

Additional study:
- For #7 above: I Peter 3:14 ends with a quote from Isa. 8:12: ‘Don’t be afraid of the things they fear.’
- For #4 above: see Matt. 10:18-20 for more context
- Isa. 43:1-5 “When you pass through the waters, I will be with you…. So don’t be afraid.”
- How soon is Jesus going to keep His promise about giving me the “kingdom of heaven”?
AFRAID OF THE END TIME, by Trudy J. Morgan-Cole

*Signs of the Times*, Feb. 2003  (Permission to share granted by Marvin Moore, editor, via email, June 25, 2012.)

I was six years old, playing with my cousins in their yard. Several adults were standing around in the kitchen when I ran indoors for a drink of water. My aunt turned on the water and held a glass under the faucet. The water that came out was a dirty reddish brown. "Don't drink that," my aunt warned, pouring me a glass of juice instead. "That often happens around here in summer."

"Or maybe it's the last days," my dad quipped. "You know, the seven last plagues--maybe the water's turned to blood."

The other adults chuckled, but I turned to them wide-eyed. "Is that really going to happen?"

"That's what the Bible tells us," someone replied. "But not until the end of time."

I went back outside chilled with fear. I had already been told that Jesus could return at any time--that at any moment the "time of trouble" just before the end might be upon us. Now, apparently, I had to worry about the possibility that any time I turned on the water, blood might gush from the tap! For at least a year, I never reached for the water faucet without considering that awful possibility.

End-time horrors

As I grew up, I continued to associate the "end times" with frightening images--dreadful plagues and horrible persecution. Neither my family nor my home church specialized in a fear mongering, hellfire-and-brimstone religion. But amid all the positive messages of God's love and grace, the slightest hints of end-time horrors from the book of Revelation were just the sparks needed to ignite my childish imagination.

When we were about eleven or twelve, my friends and I would sit in our junior class at church discussing persecution. Our teacher might start it innocently enough, asking us whether we thought we'd be able to stand firm for Jesus even if we were threatened with death.

It was easy to say, "Yes, I'd be true to Jesus," but the questions got tougher. OK, maybe you'd be true in the face of instant death, like a firing squad, but what about a slower death? One Friday evening our church showed the movie John Hus, which left a powerful impact on our young minds. What about being burned at the stake? Would we recant if the flames were licking around our toes? How long would it take to pass out?

And how about torture? We were at the age when guys like to make girls squeal in disgust. "What if they pulled out your fingernails? Would you deny Jesus then?" There was no end to the terrors of persecution our classmates could dream up to "test" us.

Wherever I went, even into the Bible itself, the end of time seemed to promise nothing but fear--so much so that I wondered if it would be better to die before Jesus came back so I'd be spared all that. Sure, the part about Jesus coming and taking us to heaven was great--but the trials we'd have to go through beforehand made all that seem a distant hope. How could I ever be strong enough to live through last-day plagues and relentless persecution? I read and listened to vivid stories of Christians suffering persecution--some true-to-life stories from other countries, others end-time fantasy tales. I pictured myself hiding in the hills during the time of trouble, a ring of armed soldiers bursting into our meeting place. If a gun was shoved in my face and a burly officer demanded: "Do you believe Jesus is your Savior?" what would I say? What if I panicked at the last minute and failed the test?
A comforting perspective

A few years later, as a teenager, I read something that put end-time fear beautifully into perspective for me. It was a story by Corrie ten Boom, author of The Hiding Place. As a small child, Corrie, too, wondered about persecution and martyrdom. She confided to her father that she didn't think she'd ever have the strength to be a martyr if God required that of her.

"Corrie," her father replied, "when we go to Amsterdam on the train, when do I give you money for your ticket? Three weeks before?"

"No, of course not," she replied. "You give me the money right before we get on the train."

"It's the same way with our heavenly Father," Corrie's wise father said. "He gives us the strength to face trial and persecution exactly when we need it--not before."

As I read those words, a weight rolled from my shoulders. Maybe I don't have the strength today to face persecution and plagues. But God does, and He'll give it to me right when I need it.

In her fifties, Corrie ten Boom found herself sentenced to a Nazi concentration camp for hiding Jews during the German occupation of Holland. She'd never imagined she'd have the courage to defy the laws of an evil government or to face its terrible punishment--but when she needed the strength, it was there, just as her father had promised. Just as it will be there for me when I need it.

Going back to my Bible, I found reassurance. "God is faithful; he will not let you be tempted beyond what you can bear but when you are tempted, he will also provide a way out so that you can stand up under it."1

Jesus told His disciples that they would face persecution. "On my account you will be brought before governors and kings as witnesses to them and to the Gentiles. But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, for it will not be you speaking, but the Spirit of your Father speaking through you."2

Worrying now about how to face persecution or trial is a waste of time. My job today is to trust my Father in heaven, to develop a relationship with Him in which I know He will give me the strength for whatever task, whatever challenge, I face today. My job is to be true to Him today, when the worst trial I'm likely to face is a friend who laughs at the naive faith of Christians. As my relationship with Jesus grows, I am preparing for whatever I may have to face in the future--even persecution and martyrdom, if that's what God has called me to. All that matters is that I am firmly grounded in Him.

My imagination is less vivid now than when I was a child. I no longer expect blood to come running out of the tap when I get water. I no longer worry about whether I would deny my faith when I'm tied to the stake with smoke curling up from the bonfire below. When I think of Jesus' second coming, I think not of trials and plagues but of a joyful reunion with loved ones I've lost, of an eternity spent in a perfect world where fear and doubt will trouble us no longer.

Is it just maturity that has changed my perspective and calmed my fears? Partly. But more important, it's the knowledge that I can trust my Father He will not ask me to make any journey for which He hasn't provided the ticket--at just the time I need it.

1 1 Corinthians 10:13   2 Matthew 10:18-20
The Beatitudes
Jesus’ Recipe for a “Happy Attitude”

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

Blessed are they that mourn:
for they shall be comforted.

Blessed are the meek:
for they shall inherit the earth.

Blessed are they which do hunger and thirst after righteousness:
for they shall be filled.

Blessed are the merciful:
for they shall obtain mercy.

Blessed are the pure in heart:
for they shall see God.

Blessed are the peacemakers:
for they shall be called the children of God.

Blessed are they which are persecuted for righteousness’ sake:
for theirs is the kingdom of heaven.

Blessed are ye, when men shall revile you, and persecute you,
and shall say all manner of evil against you falsely, for my sake.

Rejoice, and be exceeding glad; for great is your reward in heaven;
for so persecuted they the prophets which were before you.

Matthew 5:3-12 (KJV)
THE BEATITUDES
8 Mini Bible Studies

Less Blanks Version
Blessed are the poor in spirit, for theirs is the kingdom of heaven.

What does “poor in spirit” mean?

Matthew 5:3 (ICB) says, “Those people who know they have great spiritual needs are happy. The kingdom of heaven belongs to them.” Mrs. White says they “have a sense of their deep soul poverty.” (TMB 8)

Poverty = being poor. My soul = my heart.

So Jesus isn’t talking about not having much money; instead He is talking about spiritual poverty. How can the Bible help me understand better what Jesus meant?

1. Psalm 70:5. “I am ___________ and helpless. God, hurry to me. You help me and save me. Lord, do not wait.”
2. Romans 3:23. “All people have ________________ and are not good enough for God’s glory.”
3. Revelation 3:17. “You say you are ____________. You think you have become wealthy and do not need anything. But you do not know that you are really miserable, pitiful, ____________, blind, and ____________.”
4. Isaiah 64:6. “All of us are dirty with __________. All the right things we have done are like ______________ pieces of cloth.”
5. Revelation 3:18. Jesus says, “I advise you to buy gold from me—
gold made pure in fire. Then you can be truly ____________.
Buy from me _____________________ that are white. Then
you can cover your shameful nakedness.”

**What does being poor have to do with being happy?**

6. Isaiah 61:10. “The Lord makes me very _______________. All that I am rejoices in
my God. The Lord has covered me with _____________________ of salvation. He
has covered me with a coat of goodness.”

*When Jesus said, “Blessed are the poor in spirit, for theirs is
the kingdom of heaven,” He meant that we have to realize that
we are spiritually poor. And then we say, “I need Jesus to help
me.” He will answer that prayer and prepare us for heaven.*

**Would you like to ask Jesus to help you right now? On the lines below write a prayer.**

**Dear Jesus,**

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

________________________________________________________________________
**Blessed are they that mourn for they shall be comforted.**

**MINI BIBLE STUDY #2**

**What does it mean to “mourn”**?

1. Matthew 5:4 (ICB) says, “Those who are ________ now are happy. God will comfort them.” Mrs. White says they show “true heart sorrow for sin.” (TMB 9)

   **Mourning means being sad or crying. But is Jesus saying that if we cry we’re going to be happy? No! He’s saying we should be sorry because we have been naughty. Let’s look at what the Bible says about being sorry for our sins.**

   2. James 4:8 and 9. “Come near to God, and God will come near to you. You are sinners. So clean ________ out of your lives…. Be ________, cry, and weep!”

   3. 1 John 1:9. “But if we ____________________ our sins, He will forgive our sins. We can trust God. He does what is right. He will make us __________ from all the wrongs we have done.”

**What are some sins we should mourn for?**

4. We should be sorry when we do not choose to obey. Daniel 9:4 and 5. “I prayed to the Lord my God. I told him about all of my sins…. We have not __________________ your commands and laws.”

5. We should be sorry when we disappoint God. Psalm 51:4. “You are the one I have sinned against. I have done what you say is __________.”

6. We should be sorry when we hurt others. Psalm 51:14. “God, save me from the guilt of __________. God, you are the one who saves me.”
I thought the Beatitudes were teaching me happy attitudes. What does being sad have to do with being happy? The answer has to do with Who comforts us.

7. Isaiah 51:11 and 12. “The people the Lord has freed will return…. Their __________________________ will last forever. They will have joy and gladness. All ________________________________ and sorrow will be gone far away. The Lord says, ‘I am the one who comforts you.’”

8. Psalm 32:1. “______________ is the person whose sins are forgiven, whose __________________ are pardoned.”

When Jesus said, “Blessed are they that mourn, for they shall be comforted,” He meant, “When I am sorry for doing wrong, Jesus forgives me.”

Have you done something naughty today? If you’d like, tell Jesus about it, ask Him to forgive you, and then be glad because He has!

Dear Jesus,

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**Blessed are the meek,**

for they shall inherit the earth.

**MINI BIBLE STUDY #3**

What in the world is “meekness”?  

1. Matthew 5:5 (ICB) says, “Those who are ______________ are happy. The earth will belong to them.” Meek = Humble. Mrs. White says that such a person is “emptied of self, of pride, … and there is silence in the soul.” (TMB 15)

If you’re empty, there’s nothing there. So a meek or humble person is not selfish, is not proud. In other words, we realize that someone else might know more than we do, that someone else might need to tell us what to do.

2. Philippians 2:3-7. “When you do things, do not let __________________________ or pride be your guide…. In your lives you must think and act like Christ Jesus. Christ himself was like God in everything. He was equal with God…. [But] when he was living as a man, he humbled himself and was fully _________________ to God.”

   **Jesus was the King of heaven and earth, but He gave us an example to follow. He listened to His Father, and did what His Father wanted Him to do.**


   **If we want to think and act like Jesus, we must listen to God, too. How do we do that?**

4. Psalm 46:10. “God says, ‘Be quiet and know that I am God.’”

What else does the Bible say to help me understand meekness?  

5. Ephesians 4:2. “Always be humble and __________________. Be patient and accept each other with love.”
6. Micah 6:8. “The Lord has told you what is good. He has told you what he wants from you: Do what is ______________ to other people. Love being kind to others. And live ______________, trusting your God.”

7. Zephaniah 2:3. “All you who are not ______________, come to the Lord. You who obey his laws, come to him. Do what is right. Learn to be ______________.”

8. Psalm 37:11. “People who are not proud will ______________ the land. They will enjoy complete peace.”

Jesus said, “Blessed are the meek, for they shall inherit the earth.” He was telling me to follow His example! Now I know that I must “listen to Jesus when He talks to me.”

It’s usually pretty easy to pray and tell Jesus what we want, or thank Him for what we have, but it’s a lot harder to stop talking and just listen to Him. If you want to try harder to listen and obey, read and sign this prayer.

Dear Jesus,

I know I do most of the talking a lot of the time. I want to be a better listener. Please help me. I love you, Jesus. In your name I pray. Amen.

Your name: ________________________________________________
Blessed are they which do hunger and thirst after righteousness, for they shall be filled.

“Righteousness” is a big word. Remind me what it means, please.

1. Matthew 5:6 (ICB) says, “Those who want to do ______________ more than anything else are happy. God will fully satisfy them.” Mrs. White says they “desire to become wholly transformed and renewed in the image of His purity.” (TMB 19)

2. Matthew 6:33. “The thing you should want most is God’s kingdom and doing what ________ wants. Then all these other things you need will be given to you.”

3. Psalm 23. “The Lord is my Shepherd. I have everything I need. He gives me rest in green pastures. He leads me to calm ______________. He gives me new strength….
You prepare a ____________ for me in front of my enemies. You pour oil on my head. You give me ____________ than I can hold….”

My body gets hungry for food, and thirsty for water. What is my mind or heart supposed to hunger and thirst for?

4. Psalm 42:1. “A deer thirsts for a stream of _____________. In the same way, I thirst for _________, God.”
5. John 4:14. “But whoever drinks the ____________ I give will never be ________________ again. The water I give will become a spring of water flowing inside him. It will give him eternal life.”

6. John 6:35. “Then Jesus said, ‘I am the ____________ that gives life. He who comes to me will never be ________________. He who believes in me will never be thirsty.’

Jesus said, “They shall be filled,” or “God will satisfy them.” This is the part that makes us happy, right?

7. Psalm 103:5. “He satisfies me with ____________ things.”

8. Matthew 6:33. “The thing you should want most is God’s kingdom and doing what God wants. Then all these other things you need will be ________________ to you.”

Jesus said, “Blessed are they which do hunger and thirst after righteousness, for they shall be filled.” When we want to do the right thing we are saying, “I want to be like Jesus.”

Would you like to choose to be like Jesus today? Why don’t you tell Him right now?

Dear Jesus,
Blessed are the merciful, for they shall obtain mercy.

MINI BIBLE STUDY #5

What’s another word for “mercy”?

1. Matthew 5:7 (ICB) says, “Those who give _______________ to others are happy. Mercy will be given to them.” Mrs. White says they “seek to reclaim and not to condemn.” (TMB 23) This means that merciful people try to help others and not to make them feel bad.

2. Colossians 3:12. “… Always do these things: Show mercy to others; be ____________, humble, gentle, and patient.” Mercy = kindness.

It seems like Jesus talked a lot about being merciful (kind) to others. Let’s find one of those places.

3. Luke 6:27-36. “… Love your enemies. Do ______________ to those who hate you. Ask God to bless those who say bad things to you. Pray for those who are cruel to you…. (vs. 31) Do for other people what you want them to do for you…. (vs. 35) Yes, because God is kind even to people who are ungrateful and full of sin. Show ____________ just as your Father shows mercy.

We are supposed to be like God. What does the Bible say about God’s mercy?

4. Exodus 34:6 and 7. “The Lord is a God who shows ______________ and is kind. The Lord doesn’t become angry quickly. The Lord has great love and faithfulness.”

5. Psalm 103:8. “The Lord shows mercy and is ____________. He does not become angry quickly, and he has great love.”
What else does the Bible say about us being merciful (or kind)?

6. Ephesians 4:32. “Be ____________ and loving to each other. Forgive each other just as God forgave you in Christ.”

7. 1 John 3:18. “My children, our love should not be only words and talk. Our love must be true love. And we should show that love by what we _____.”

8. Proverbs 20:11. “Even a child is known by his [or her] behavior. His [or her] ________________ show if he [or she] is innocent and good.”

Being kind helps me be happy, right!??!


Jesus said, “Blessed are the merciful, for they shall obtain mercy.”

He was telling me that “I am happy when I am kind to others.”

If you’d like to, take a minute to tell Jesus that you choose to be kind to others today and every day—with His help, of course!

Dear Jesus,

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Blessed are the pure in heart, for they shall see God.

MINI BIBLE STUDY #6

What does it mean to be “pure in heart”?  
1. Matthew 5:8 (ICB) says, “Those who are pure in their ______________________ are happy. They will be with God.” Mrs. White says, “The pure in heart see God in a new and endearing relation … and they long to reflect His image.” (TMB 26) Pure means clean.

I want to be like Jesus, and I’m sure Jesus had a pure heart. Where can I look in the Bible to be sure?  
2. 1 John 3:3. “Christ is __________.”
   They light up the way.”

I remember learning earlier that the heart, soul, and mind are all kind of the same. Here Jesus is talking about my mind or thoughts being pure. Why is this so important?  
5. Matthew 12:45 and 46. “The mouth speaks the things that are in the ______________. A good person has good things in his heart. And so he speaks the ___________ things that come from his heart.”
6. Proverbs 23:7, NKJV. “As a man thinks in his heart, so is he.”

Now I understand why it’s important what I think about. So does the Bible give me any guidelines on what kinds of things to think about?  
7. Philippians 4:8. “Brothers, continue to __________ about the things that are good and worthy of praise. Think about the things that are __________ and honorable and right and pure and beautiful and respected.”

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OK, so if I have pure (clean) thoughts, I will say good things and act in ways that are good. I want to have a pure heart, but sometimes my words show my heart isn’t clean. Can Jesus help me? What does the Bible say?

8. Psalm 51:7. “Take away my sin, and I will be _______________. Wash me, and I will be whiter than snow.”

9. Ezekiel 36:26. “I will put a new way to _______________ inside you. I will take out the stubborn heart like stone from your bodies. And I will give you an obedient heart of flesh.”

Jesus said, “Blessed are the pure in heart, for they shall see God.”
After studying the Bible, I understand that “I am happy when my thoughts are pure and clean.”

Why not take time right now to ask Jesus to clean your heart today. Remember, this is something you have to do every day. Ask Jesus to help you remember!

Dear Jesus,
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Jesus said, “Blessed are the pure in heart, for they shall see God.” After studying the Bible, I understand that “I am happy when my thoughts are pure and clean.”
MINI BIBLE STUDY #7

What is a “peacemaker”?  
1. Matthew 5:9 (ICB) says, “Those who work to bring ______________ are happy. God will call them his sons [and daughters].” Mrs. White tells us that whoever will “lead another to renounce sin and yield his heart to God, is a peacemaker.” (TMB 28)

If I’m supposed to work to bring peace, I’m going to need some peace myself. Where do I get it?  
2. Ephesians 2:14. “Because of ______________ we now have peace.”  
3. John 14:27. “I leave you peace. My ______________ I give you. I do not give it to you as the world does. So don’t let your hearts be troubled. Don’t be afraid.”  

Are there other places in the Bible where I can learn more about bringing peace?  
Stopping quarrels and fights is good and important, but didn’t Jesus have more in mind than just that? If the only way I can have peace is from Jesus, then in order to bring real peace to others, don’t they need Jesus, too? Is it my job to tell them about Him?

7. Romans 5:1. “We have been made right with God because of our faith. So we have ______________ with God through our Lord Jesus Christ.”

8. Mark 16:15. “Jesus said to the followers, ‘Go everywhere in the world. Tell the Good News to ______________.”

Peacemaking sounds like work! Are you sure it’s going to make me happy?

9. Psalm 133:1. “It is good and ______________ when God’s people live together in peace! … There the Lord gives his blessing of life forever.”

Jesus said, “Blessed are the peacemakers, for they shall be called the children of God.”

I know now I can truly say:

“I am happy when I help others become friends with Jesus.”

Now is a good time to make a list of people you know. Ask Jesus to help you know how to introduce them to the best Friend they could ever have.

Dear Jesus,
**Blessed are they which are persecuted**  
for righteousness’ sake,  
for theirs is the kingdom of heaven.  

MINI BIBLE STUDY #8

What does it mean to be persecuted?

1. Matthew 5:10 (ICB) says, “Those who are treated _______________ for doing right are happy. The kingdom of heaven belongs to them.” Mrs. White puts it like this: “Persecution should bring joy to the disciples of Christ, for it is an evidence that they are following in the steps of their Master.” (TMB 30)

   Persecution = being treated badly.

   **Notice that Jesus says something more than just “they which are persecuted.”**  
   He says they are treated badly “for righteousness’ sake,”—because they are doing the right thing.

   So, is being teased because I pick my nose persecution? What about being teased because I choose to tell the truth? Is getting in trouble because I pulled my sister’s hair the same as getting in trouble for going to church on Sabbath?

2. 1 Peter 3:17. “It is better to _______________ for doing good than for doing wrong.”

   **Persecution is scary; it makes me afraid just to think about it. Are there promises in the Bible that will help me feel better and keep my happy attitude in the middle of it all?**

3. 1 Corinthians 10:13. “But you can trust __________. He will not let you be tempted more than you can stand. But when you are tempted, God will also give you a way to _______________ that temptation. Then you will be able to stand it.”

4. Matthew 10:19. “When you are arrested, don’t _______________ about what to say or how you should say it. At that time you will be given the things to say.”

5. Isaiah 41:13. “I am the Lord your God. I am holding your right __________. And I tell you, ‘Don’t be afraid. I will help you.’”

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6. Matthew 28:20. “You can be sure that I will be with you ______________. I will continue with you until the end of the world.”

So even if I’m treated badly, Jesus is with me and He will help me.
And so I can be happy—not because I have been hurt, but because Jesus is with me!

7. 1 Peter 3:14. “But you may suffer for doing ______________. Even if that happens, you are blessed.”

8. 2 Corinthians 12:10. “So I am ______________ when I have weaknesses, insults, hard times, sufferings, and all kinds of troubles. All these things are for Christ. And I am happy, because when I am weak, then I am truly strong.”

I believe Jesus when He said, “Blessed are they which are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.”

He was saying, “I can be happy even when I am treated badly for doing right.”

Ask Jesus to help you feel Him near you in every situation now and in the future. Then tell Him how much you look forward to being with Him in heaven soon.

Dear Jesus,
THE BEATITUDES
8 Mini Bible Studies

More Blanks Version
**Blessed are the poor in spirit,**  
*for theirs is the kingdom of heaven.*

**MINI BIBLE STUDY #1**

**What does “poor in spirit” mean?**

Matthew 5:3 (ICB) says, “Those people who know they have great spiritual needs are happy. The kingdom of heaven belongs to them.” Mrs. White says they “have a sense of their deep soul poverty.” (TMB 8)

Poverty is being ___________. My soul is ___________.

So Jesus isn’t talking about not having much money; instead He is talking about spiritual poverty. How can the Bible help me understand better what Jesus meant?

1. Psalm 70:5. “I am ___________ and _________________.  
   God, hurry to me. You ____________ me and save me. Lord,  
   do not wait.”

2. Romans 3:23. “All people have _________________ and are  
   not good enough for God’s ________________.”

3. Revelation 3:17. “You say you are ___________. You think  
   you have become wealthy and do not need _________________. But you do  
   not know that you are really __________________________, pitiful, ____________,  
   blind, and ________________.”

4. Isaiah 64:6. “All of us are dirty with ___________.  
   All the _______________ things we have done are like  
   ______________ pieces of ______________.”

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5. Revelation 3:18. Jesus says, “I advise you to buy ___________ from me—gold made pure in fire. Then you can be truly _______________. Buy from me ____________________ that are _______________. Then you can cover your shameful nakedness.”

What does being poor have to do with being happy?

6. Isaiah 61:10. “The Lord makes me very _______________. All that I am rejoices in my _________. The Lord has covered me with ___________________ of salvation. He has covered me with a _____________ of goodness.”

When Jesus said, “Blessed are the poor in spirit, for theirs is the kingdom of heaven,” He meant that we have to realize that we are spiritually poor. And then we say, “I need Jesus to help me.” He will answer that prayer and prepare us for heaven.

Would you like to ask Jesus to help you right now? On the lines below write a prayer.

Dear Jesus,

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**Blessed are they that mourn**  
_for they shall be comforted._

**MINI BIBLE STUDY #2**

**What does it mean to “mourn”?**

1. Matthew 5:4 (ICB) says, “Those who are ________ now are happy. God will _______________ them.” Mrs. White says they show “true heart sorrow for sin.” (TMB 9)

2. James 4:8 and 9. “Come near to God, and God will come near to you. You are sinners. So clean ________ out of your lives…. Be ________, ________, and weep!”

3. 1 John 1:9. “But if we _________________ our sins, He will _________________ our sins. We can trust God. He does what is right. He will make us ________________ from all the wrongs we have done.”

**What are some sins we should mourn for?**

4. We should be sorry when we do not choose to obey.  
Daniel 9:4 and 5. “I prayed to the Lord my God. I told him about all of my ____________…. We have not ________________ your commands and laws.”

5. We should be sorry when we disappoint God.  
Psalm 51:4. “_______ are the one I have sinned against. I have done what you say is ________.”

6. We should be sorry when we hurt others. Psalm 51:14.  
“God, save me from the guilt of _____________. God, you are the one who saves me.”

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I thought the Beatitudes were teaching me happy attitudes. What does being sad have to do with being happy? The answer has to do with Who comforts us.

7. Isaiah 51:11 and 12. “The people the Lord has freed will return…. Their __________________________ will last forever. They will have _______ and gladness. All __________________________ and __________________________ will be gone far away. The Lord says, ‘I am the one who comforts you.’”

8. Psalm 32:1. “________________ is the person whose sins are forgiven, whose __________________________ are pardoned.”

When Jesus said, “Blessed are they that mourn, for they shall be comforted,” He meant, “When I am sorry for doing wrong, Jesus forgives me.”

Have you done something naughty today? If you’d like, tell Jesus about it, ask Him to forgive you, and then be glad because He has!

Dear Jesus,

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

________________________________________________________________________
Blessed are the meek,  
for they shall inherit the earth.  

MINI BIBLE STUDY #3

What in the world is “meekness”?  

1. Matthew 5:5 (ICB) says, “Those who are __________________ are happy. The earth will belong to them.” Meek = Humble. Mrs. White says that such a person is “emptied of self, of pride, … and there is silence in the soul.” (TMB 15)

If you’re empty, there’s nothing there. So a meek or humble person is not selfish, is not proud. In other words, we realize that someone else might know more than we do, that someone else might need to tell us what to do.

2. Philippians 2:3-7. “When you do things, do not let __________________ or pride be your guide…. In your lives you must think and _________ like Christ Jesus. Christ himself was like God in everything. He was equal with God…. [But] when he was living as a man, he humbled himself and was fully ______________ to God.”

Jesus was the King of heaven and earth, but He gave us an example to follow. He listened to His Father, and did what His Father wanted Him to do.


If we want to think and act like Jesus, we must listen to God, too. How do we do that?

4. Psalm 46:10. “God says, ‘Be quiet and know that I am God.’”

What else does the Bible say to help me understand meekness?

Ephesians 4:2. “Always be humble and __________________. Be patient and accept each other with ___________.”
5. Micah 6:8. “The Lord has told you what is ____________. He has told you what he wants from you: Do what is ______________ to other people. Love being kind to others. And live _______________, trusting your God.”

6. Zephaniah 2:3. “All you who are ________ ______________, come to the Lord. You who obey his laws, come to him. Do what is _________________. Learn to be humble.”

7. Psalm 37:11. “People who are not proud will ________________ the land. They will enjoy complete ________________.”

Jesus said, “Blessed are the meek, for they shall inherit the earth.” He was telling me to follow His example! Now I know that I must “listen to Jesus when He talks to me.”

*It’s usually pretty easy to pray and tell Jesus what we want, or thank Him for what we have, but it’s a lot harder to stop talking and just listen to Him. If you want to try harder to listen and obey, tell Him that right now!*

**Dear Jesus,**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Blessed are they which do hunger and thirst after righteousness, for they shall be filled.

MINI BIBLE STUDY #4

“Righteousness” is a big word. Remind me what it means, please.

1. Matthew 5:6 (ICB) says, “Those who want to do ____________ more than anything else are ___________. God will fully satisfy them.” Mrs. White says they “desire to become wholly transformed and renewed in the image of His purity.” (TMB 19)

2. Matthew 6:33. “The thing you should want most is God’s ________________ and doing what _______ wants. Then all these other things you need will be given to you.”

God wants me to do what’s right; that’s “righteousness.” But how do I “hunger and thirst” for doing right? How does the Bible explain this?

3. Psalm 23. “The Lord is my Shepherd. I have everything I need. He gives me __________ in green pastures. He leads me to calm ______________. He gives me new strength…. You prepare a ___________ for me in front of my enemies. You pour oil on my head. You give me __________ than I can hold….”

My body gets hungry for food, and thirsty for water. What is my mind or heart supposed to hunger and thirst for?

4. Psalm 42:1. “A deer thirsts for a stream of _______________. In the same way, I thirst for ________, God.”
5. John 4:14. “But whoever drinks the _______________ I give will never be _______________ again. The water I give will become a spring of water flowing inside him. It will give him eternal life.”

6. John 6:35. “Then Jesus said, ‘I am the _______________ that gives life. He who comes to me will never be _______________. He who believes in me will never be thirsty.”

**Jesus said, “They shall be filled,” or “God will satisfy them.”**
**This is the part that makes us happy, right?**

7. Psalm 103:5. “He satisfies me with ____________ things.”

8. Matthew 6:33. “The thing you should want most is God’s kingdom and doing what God wants. Then __________ these other things you need will be ______________ to you.”

**Jesus said, “Blessed are they which do hunger and thirst after righteousness, for they shall be filled.” When we want to do the right thing we are saying, “I want to be like Jesus.”**

**Would you like to choose to be like Jesus today? Why don’t you tell Him right now?**

**Dear Jesus,**

________________________________________________________________________

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**MINI BIBLE STUDY #5**

**Blessed are the merciful, for they shall obtain mercy.**

**What’s another word for “mercy”?**

1. Matthew 5:7 (ICB) says, “Those who give ______________ to others are happy. Mercy will be given to them.” Mrs. White says they “seek to reclaim and not to condemn.” (TMB 23) This means that merciful people try to help others and not to make them feel bad.

2. Colossians 3:12. “… Always do these things: Show mercy to others; be ______________, humble, gentle, and patient.” Mercy = kindness.

**It seems like Jesus talked a lot about being merciful (kind) to others. Let’s find one of those places.**

3. Luke 6:27-36. “… Love your enemies. Do ______________ to those who hate you. Ask God to bless those who say bad things to you. Pray for those who are cruel to you…. (vs. 31) Do for other people what you want them to do for you…. (vs. 35) Yes, because God is ______________ even to people who are ungrateful and full of sin. Show ______________ just as your Father shows mercy.

**We are supposed to be like God. What does the Bible say about God’s mercy?**

4. Exodus 34:6 and 7. “The Lord is a God who shows ______________ and is kind. The Lord doesn’t become angry ______________. The Lord has great ______________ and faithfulness.”

5. Psalm 103:8. “The Lord shows mercy and is ______________. He does not become angry quickly, and he has ______________ love.”

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**What else does the Bible say about us being merciful (or kind)?**

6. Ephesians 4:32. “Be ___________ and loving to each other. ________________ each other just as God forgave you in Christ.”

7. 1 John 3:18. “My children, our love should not be only ___________ and talk. Our love must be __________ love. And we should show that love by what we _____.”

8. Proverbs 20:11. “Even a ___________ is known by his [or her] behavior. His [or her] _______________ show if he [or she] is innocent and ___________.”

**Being kind helps me be happy, right!??!**


   *Jesus said, “Blessed are the merciful, for they shall obtain mercy.” He was telling me that “I am happy when I am kind to others.”*

**If you’d like to, take a minute to tell Jesus that you choose to be kind to others today and every day—with His help, of course!**

**Dear Jesus,**

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________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________
**Blessed are the pure in heart,**
**for they shall see God.**

**MINI BIBLE STUDY #6**

**What does it mean to be “pure in heart”?**

1. Matthew 5:8 (ICB) says, “Those who are pure in their ________________________ are happy. They will be with God.” Mrs. White says, “The pure in heart see God in a new and endearing relation, … and they long to reflect His image.” (TMB 26) Pure means ________________.

**I want to be like Jesus, and I’m sure Jesus had a pure heart. Where can I look in the Bible to be sure?**

2. 1 John 3:3. “Christ is ______________.”


4. Psalm 19:8. “The Lord’s ________________ are pure. They light up the way.”

**I remember learning earlier that the heart, soul, and mind are all kind of the same. Here Jesus is talking about my mind or thoughts being pure. Why is this so important?**

5. Matthew 12:45 and 46. “The mouth speaks the things that are in the _______________. A good person has ____________ things in his heart. And so he speaks the ____________ things that come from his heart.”

6. Proverbs 23:7, NKJV. “As a man thinks in his heart, so is he.”

**Now I understand why it’s important what I think about. So does the Bible give me any guidelines on what kinds of things to think about?**

7. Philippians 4:8. “Brothers, continue to ______________ about the things that are good and worthy of ________________. Think about the things that are _____________ and honorable and right and ___________ and _______________ and respected.”
OK, so if I have pure (clean) thoughts, I will say good things and act in ways that are good. I want to have a pure heart, but sometimes my words show my heart isn’t clean. Can Jesus help me? What does the Bible say?

8. Psalm 51:7. “Take away my sin, and I will be _______________.
Wash me, and I will be whiter than ____________.”

_______________ inside you. I will take out the
________________________ heart like stone from your bodies.
And I will give you an obedient _______________ of flesh.”

Jesus said, “Blessed are the pure in heart,
for they shall see God.”
After studying the Bible,
I understand that
“I am happy when my thoughts are pure and clean.”

Why not take time right now to ask Jesus to give you a clean heart today. Remember, this is something you have to do every day. Ask Jesus to help you remember!

Dear Jesus,

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MINI BIBLE STUDY #7

**What is a “peacemaker”?**

1. Matthew 5:9 (ICB) says, “Those who work to bring ______________ are happy. God will call them his sons [and daughters].” Mrs. White tells us that whoever will “lead another to renounce sin and yield his heart to God, is a peacemaker.” (TMB 28)

**If I’m supposed to work to bring peace, I’m going to need some peace myself. Where do I get it?**

2. Ephesians 2:14. “Because of ______________ we now have peace.”

3. John 14:27. “I leave you peace. _______ ______________ I give you. I do not give it to you as the world does. So don’t let your hearts be troubled. Don’t be afraid.”


**Are there other places in the Bible where I can learn more about bringing peace?**

5. Romans 12:18. “Do your best to live in ______________ with ______________.”

Stopping quarrels and fights is good and important, but didn’t Jesus have more in mind than just that? If the only way I can have peace is from Jesus, then in order to bring real peace to others, don’t they need Jesus, too? Is it my job to tell them about Him?

7. Romans 5:1. “We have been made ____________ with God because of our faith. So we have ____________ with God through our Lord ____________ Christ.”

8. Mark 16:15. “Jesus said to the followers, ‘Go ______________________________ in the world. Tell the Good News to __________________________.’”

Peacemaking sounds like work! Are you sure it’s going to make me happy?

9. Psalm 133:1. “It is good and ______________________ when God’s people live together in peace! … There the Lord gives his blessing of ____________ forever.”

Jesus said, “Blessed are the peacemakers, for they shall be called the children of God.”

I know now I can truly say:

“I am happy when I help others become friends with Jesus.”

Read the last sentence of 2 Corinthians 5:18. Make a list of people you know. Ask Jesus to help you know how to introduce them to the best Friend they could ever have.

Dear Jesus,

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________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________
**What does it mean to be persecuted?**

1. Matthew 5:10 (ICB) says, “Those who are treated _______________ for doing _______________ are happy. The kingdom of heaven belongs to them.” Mrs. White puts it like this: “Persecution should bring joy to the disciples of Christ, for it is an evidence that they are following in the steps of their Master.” (TMB 30)

   Persecution = being treated badly.

   Notice that Jesus says something more than just “they which are persecuted.” He says they are treated badly “for righteousness’ sake,”—because they are doing the right thing.

2. 1 Peter 3:17. “It is better to _______________ for doing good than for doing wrong.”

   Persecution is scary; it makes me afraid just to think about it. Are there promises in the Bible that will help me feel better and keep my happy attitude in the middle of it all?

3. 1 Corinthians 10:13. “But you can trust ___________. He will not let you be tempted ___________ than you can stand. But when you are tempted, God will also give you a way to _______________ that temptation. Then you will be able to stand it.”

4. Matthew 10:19. “When you are arrested, don’t _______________ about what to say or how you should say it. At that time you will be given the things to say.”

5. Isaiah 41:13. “I am the Lord your God. I am holding your right ___________. And I tell you, ‘Don’t be afraid. I will help you.’”

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6. Matthew 28:20. “You can be sure that I will be with you _________________. I will continue with ________ until the end of the world.”

So even if I’m treated badly, Jesus is with me and He will help me. And so I can be happy—not because I have been hurt, but because Jesus is with me!

7. 1 Peter 3:14. “But you may suffer for doing _______________. Even if that happens, you are ________________.”

8. 2 Corinthians 12:10. “So I am ______________ when I have weaknesses, insults, ____________ times, sufferings, and all kinds of troubles. All these things are for _______________. And I am happy, because when I am weak, then I am truly strong.”

I believe Jesus when He said, “Blessed are they which are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.” He was saying, “I can be happy even when I am treated badly for doing right.”

Ask Jesus to help you feel Him near you in every situation now and in the future. Then tell Him how much you look forward to being with Him in heaven soon.

Dear Jesus,

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