How to be Happy

Can you list three things that make you incredibly happy?

\*

\*

\*

Can you list three things that make your family incredibly happy?

\*

\*

\*

Finally, list three things that could make everyone in the world incredibly happy.

\*

\*

\*

Compare the three lists do any of the ideas appear in more than one of them?

If you had to pick one of your ideas as the most important for happiness, which would it be and why?

*I think the most important idea for happiness is….*

Many Christians believe Jesus’ words and actions show them how to live. He guided them by teaching that the only way to be really happy is by:

‐ Loving God

‐ Loving other people

‐ Being gentle and kind

‐ Being fair, and working to make sure others are treated justly

‐ Forgiving when people hurt and upset us

‐ Being good peacemakers‐helping people and nations make friends

‐ Standing up for what is right

(based on the Beatitudes: Matthew 5:3‐15)

Look at the powerpoint on the Beatitudes from the class page. What do they mean for people today?

Can you come up with 7 statements which relate to the Beatitudes but reflect how we live today?

See an example below to get you started. Write each statement onto a hand heart on the poster below.

**My Beatitudes A Tompkins, age 8**

Blessed are those who starve and thirst

For they understand God's feeling.

Blessed are those who appreciate others' respect and love

For they will respect and love back.

Blessed are those who tolerate the world

For they listen to each other.

Blessed are those who are responsible for their actions

For they are responsible to God.

Blessed are those who care for their neighbours

For they care for God's love.

Blessed are those who trust their neighbours

For they trust God and the world.

Blessed are those who feel friendship in others

For they will be friends with the world and God.

Blessed are those who show happiness to the world

For they show happiness to God.

Beatitudes can begin ‘Blessed are those…’ or ‘You are happy if…

’The second line says what will happen if a person follows the wisdom of the first line:

‘You are happy if you forgive other people. Then they will forgive you when you go wrong.

Topics you could include: love, forgiveness, prayer, money, pride and humility, having an open heart or a pure heart, kindness, enemies and many more.

