

THIS WEEK'S EXPERIMENT: *Turn That Frown Upside Down* **(Matthew 5:3-12)**



"Blessed are those who are spiritually needy.

The kingdom of heaven belongs to them.

Blessed are those who are sad.

They will be comforted.

Blessed are those who are free of pride.

They will be given the earth.

Blessed are those who are hungry and thirsty for what is right.

They will be filled.

Blessed are those who show mercy.

They will be shown mercy.

Blessed are those whose hearts are pure.

They will see God.

Blessed are those who make peace.

They will be called sons of God.

Blessed are those who suffer for doing what is right

The kingdom of heaven belongs to them.

Blessed are you when people make fun of you and hurt you because of me.

You are also blessed when they tell all kinds of evil lies about you because of me.

Be joyful and glad. Your reward in heaven is great."

- 1. "Blessed" is another word for happy. Being happy even though things aren't may not be working out. As a family share times when things don't seem to be working out as planned.**
- 2. We can call times when things aren't working out "Frown Times." Jesus says that when things aren't working out we can still be "blessed" or "happy." He says this because, "our reward in heaven is great." (v.12) He is basically saying, "Turn that frown upside down."**
- 3. Think of a specific frown time you might face this week. Finish the blanks in the following sentence about that specific frown time.**
When (insert frown time) _____, I can be blessed/happy because (insert a reason you can still be blessed/happy) _____.
- 4. Experiment this week by using this sentence, filling in the blanks case by case. Encourage one another when you are experiencing frown times and talk about how you can truly be blessed like Jesus says, even when things don't work out as planned! Be ready to share next weeks the results!**