

# **Sermon on the Mount and the Golden Rule**

**Matthew chapters 5-7**



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“Do to others  
as you  
would have them  
do to you.”

Luke 6:31 (NIV)



# Teacher Notes Page 1

1. Cover: Sermon on the Mount and the Golden Rule, Matthew chapters 5-7

2. Once, when Jesus saw a crowd of people, he went up onto the side of a mountain to teach them.

3. Teachers in those times usually sat down when they were teaching so when Jesus sat down the people gathered around him to hear what he had to say.

The people had heard other teachers and preachers but they were amazed at what Jesus said to them. They could tell that Jesus was speaking the truth. What Jesus said that day was so important that his sermon (or speech) was written down in our Bibles for all of us to read even many years later. Since he was speaking from the side of a mountain people refer to what he said that day as “The Sermon on the Mount.”

4. Jesus was a good teacher. When people listened to him they learned many important things about God. But Jesus did not just talk about what people should know. He also taught people the best way to live. He taught about worshipping God but he also taught about being kind to people and helping others.

Let’s list some of the things Jesus talked about in the Sermon on the Mount.

5. Many people in the world do not know about God or follow him. When people do not follow God it feels like the world is in darkness. But Jesus told his followers that they could be like a light in the dark world. If they obeyed God then people could know the right things to do.

6. In the Sermon on the Mount Jesus also talked about following rules. Other teachers had been saying that it made God happy if people obeyed all the rules. But Jesus said if you only follow God’s rules on the outside but do not love him on the inside, from your heart, then this actually makes God sad. God is our heavenly father and we are his children. Children want to be like their fathers so Jesus said, “Try to be good like God your father is good!”

7. But some religious leaders followed God’s rules just to get attention. They liked to do things like stand on a street corner and pray really loud so that everyone would hear them and think they were good. In the Sermon on the Mount Jesus said that God can hear us pray even if we whisper or go to a quiet place all alone. In fact, anytime we do good things God sees what is happening. We should do good things to make God happy and not just to show off to other people.

## Teacher Notes Page 2

8. Another thing Jesus talked about in the Sermon on the Mount was treasure. Sometimes people worry about money or clothes or food but Jesus said that if you follow God you are rich! You have treasures in heaven waiting for you. People that think about earthly treasures get disappointed if the treasure gets lost or stolen. So which is more valuable, treasure on earth or treasure in heaven?

9. Jesus said if we always worry about things on earth we will be sad. If we remember we have treasure in heaven we know that treasure will last forever.

10. The last thing Jesus said in his sermon was about making a wise choice. He said there were two choices and the choices are like gates. One gate is very wide and easy to go through. Most people chose this gate. They always do what is easy instead of what is good. The other gate is narrow and harder to go through. Not as many people choose to go through it. The people that go through to narrow gate are willing to do the right thing even if it is difficult.

So where do you think the gates lead? Jesus said the wide gate leads to a life filled with destruction and the narrow gate leads to a wonderful life that leads to an even better life someday in heaven. Which gate would you choose?

11. Jesus said many other important things in the Sermon on the Mount. So many things that it might be difficult to remember them all!

Even if we don't remember everything Jesus said in the Sermon on the Mount there is one thing that I would like us to try very hard to remember. If we remember this one thing Jesus said then we will always know how to treat people. It is like a valuable rule that always works in any situation. It is so valuable that some people call it "The Golden Rule". Would you like to hear what the Golden Rule is? This is the golden rule that Jesus said in the Sermon on the Mount and at other times.

12. "Do to others as you would have them do to you." Luke 6:31, NIV

The way you wish people would treat you is the way you should always treat them. Do you wish people were always kind to you? Then you should treat others with kindness. (Repeat the Golden Rule together.)

Do you wish others told you the truth? Then you should be the kind of person that tells the truth. (Repeat the Golden Rule together again)

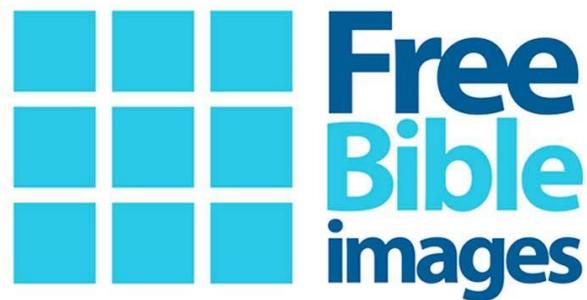
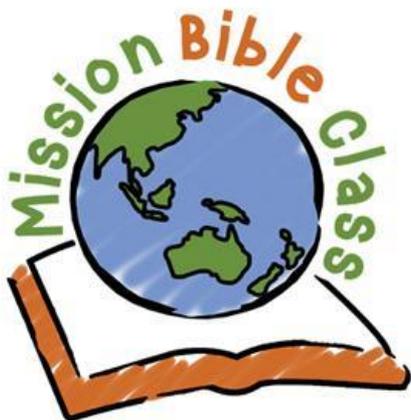
If you were hurt or sad then what do you wish people would do for you? Then when we notice that someone is hurt or sad what should we do for ? (Repeat the Golden Rule together again)

13. If someone hurts us we feel like hurting them back. But that is not the Golden Rule. The Golden Rule is that we only treat people like we wish to be treated. Jesus knew that following the Golden Rule would be difficult sometimes but do you remember what he said about the gates? Choosing to follow the Golden Rule is like going through the narrow gate. It may be more difficult but it leads to the best life!

So now you know the story of the Sermon on the Mount and the Golden Rule. And what is the Golden Rule? (Say it together one last time)

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