

The Beatitudes

Blessed are the Pure in Heart

Ready (*Plant the seed*)

Blessed are the pure in heart, for they will see God. –Matthew 5:8

Set (*Get the conversation started*)

In this beatitude, Jesus calls upon us to be “pure in heart.” He wants us to follow the word of God and do our best to live a righteous life. It is easy to get caught up in the things of this world that Jesus doesn’t like. We sometimes go along with things our friends do that we know are wrong, but when we choose to do the right thing, we honor God. Being pure in heart will protect you from the enemy, it will make you more like Jesus and you will be able to see God in the world around you. To be pure in heart, you must turn away from sin and away from anything that does not honor God. Will you make mistakes? Of course! Living with a pure heart, trying your best to always live in obedience to God, will help you avoid sin.

When competing in a sport, you will be watched by spectators, referees, coaches, teammates and the opposing team. What do you want them to see? A Christian athlete emulates Jesus and strives to be pure in heart, especially when it is hard and emotions are running high during a game. The word for purity in Greek, *katharos*, literally translates to “purified by fire.” That means choosing to always do the right thing and honor God will be difficult, but not only can you do it—you can show others what it means to honor God through good sportsmanship. Inspire the people watching you by being the kind of athlete younger people look up to and others respect.

Grow (*Talk it over*)

- What behaviors on the field do you NOT want others to see you do?
- How can you handle yourself when you feel things may not be going your way in the game?
- Why is it important to others that you are “pure in heart?”

Pray

Father God, we love you. We know that we fall short of being pure in heart and worthy of all that you give us. Please give us discernment, helping us to see the right way to honor you in all we do. Give us strength to turn away from things that are wrong and be examples of Jesus’ great love to others. In His name we pray, Amen!

Overtime (*Team Building Game to Support Concept*) All Aboard! Team Building Activity

-Materials: Medium Sized Bathroom Towel

-Give Directions: The goal of this game is to get all of your team onto the towel within two minutes. You may not all be able to all fit standing up. You will have to be creative- communicate effectively and lift each other up!

-Say: Wow! Great job! You all fit! That took some creativity! Working together with good communication was the key in figuring it out. You literally lifted each other up to make sure you were all together. As you go through this season, make sure you continue to take the time to “lift each other up” with words of encouragement and acts of service. You will go through tough times, but together you can honor God by sticking together and doing what is right.