



## Lesson #1-18

## SERMON ON THE MOUNT

Matthew 5:1-20

**Key Verse:**

“You are the light of the world. A city built on a hill cannot be hid.”

Matthew 5:14

**The Point:**

Jesus teaches us who we are and how to live.

**Unit Theme (January 22—February 5)**

Learning to Follow

## LEARNING TO FOLLOW

*Lead and follow in a pantomime activity.*

*Supplies:*

† Nothing

*Instructions:*

1. Today’s lesson is the first in the new unit entitled Learning to Follow. Today we will hear what might be his most well-known teaching, the Sermon on the Mount. In it, he teaches his listeners the characteristics of a follower of God.
2. Find someone to be your partner.
3. Let’s practice being good leaders and good followers by playing a pantomime-following game. With your partner, take turns leading simple actions silently. Your partner should try to mirror your actions exactly. Allow time for participants to try this activity.
4. Now that you have mastered the partner pantomime, let’s make it a little trickier. Both of you are the leader. Try to follow each other’s actions without talking or discussing who is leading at any point.
5. After the activity, lead a discussion:
  - a. What was difficult about this activity? [*It was not clear who was leading and who was following.*]
  - b. How did you find success in following each other without talking? Allow time for response.
  - c. What can this activity teach you about being a follower?