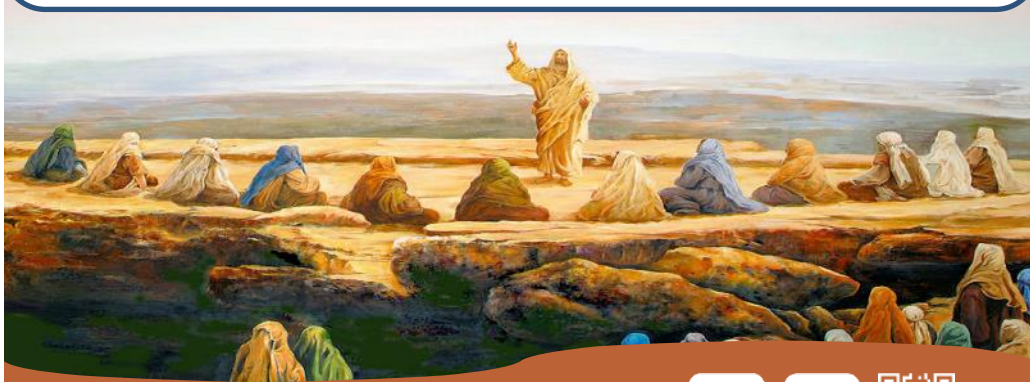


**KEY VERSE:**

“May the Lord bless you and keep you.  
May the Lord show you his kindness and have mercy on you.  
May the Lord watch over you and give you peace.”

**Numbers 6: 24-26**



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# FOUNDATION CAFÉ SERVICE

**14th February, 2016**

## **Sermon On The Mount 1: Be Blessed**



**CHALFONT  
ST. PETER  
PARISH CHURCHES**



## KNOW WHAT:

- Today we start to look at the Sermon on the Mount, where Jesus spends time teaching His followers.
- This week we look at the Beatitudes in Matthew 5:1-10
- Jesus teaches about people being blessed ( knowing happiness and contentment in their lives).
- He shows how true happiness comes from having attitudes which please God.
- He describes eight ways to be happy, even when things don't seem to be going our way.

## SO WHAT:

- As Christians we can know God's blessing in our lives.
- That blessing comes as we know God's love in our lives, and show God's love to others.

## NOW WHAT:

- Let's choose to be humble, pure, peace-loving, caring about justice, being merciful to others – and not afraid to stand up for what is right.

## JIM'S JOTTINGS

A black woman sat in the Truth and Reconciliation tribunal in South Africa and heard a white police officer confess how he had murdered her husband and son. At the end he apologised and the whole court waited for the woman's response. Would she ask for a long sentence of imprisonment? She got up, walked to the man in the dock and took his hand. She explained that she forgave him completely and that her only request was that the man should visit her periodically because, she said, 'I want to love him like a son' The court fell silent at this totally unexpected response. The woman changed her world by refusing to give in to thoughts of revenge; she changed the policeman by offering forgiveness and she set an example of forgiveness to others which has echoed across the world.

Today, in our new series on the Sermon on the Mount we look at Jesus' revolutionary teaching on loving others. It was this teaching that inspired the woman. It will challenge us all.