



# THE BEATITUDES

## Recipe for Happy

### Activity

Jesus doesn't just want us to be happy - he also gives us the recipe for success. If we use Jesus as our perfect example, we can have the attitude that will give us true happiness. In this activity the children will learn how to find true happiness in a tasty way.

### Materials

Cookie or dessert recipe and ingredients

### Procedure

1. Find a cookie or dessert recipe that you can make a happy face on.
2. Serve the snack while you talk about the different beatitudes and how we can be happy if we display the right attitude in our lives.
3. Talk about how Jesus showed us the right attitude to have and if we follow him we can find true happiness.

**Explanation:** Remind the children that true happiness is found in Jesus.

