

NAME \_\_\_\_\_

# **THE 10 COMMANDMENTS / SERMON ON THE MOUNT**

## ***Experiment***

**Trinity Lutheran Church Confirmation Class**

**Mission and Shawnee, Kansas**

**THIS COMPLETED EXPERIMENT IS DUE BY:**

**Shawnee: January 17, 2021**

**Mission: January 20, 2021**

# Introduction

Confirmation Experiments are designed to be done at the student's chosen pace. These will cause curiosity and intensify a personal ownership of the participant's faith.

This year's experiment combines the Ten Commandments with Jesus' Sermon on the Mount, found in Matthew 5. Here, Jesus shows what it looks like for his disciples to follow God's commands on the basis of love, not fear.

## Commandments 1-3: Love \_\_\_\_\_

1.

2.

3.

## Commandments 4-10: Love \_\_\_\_\_

4.

5.

6.

7.

8.

9 & 10.

**How does Jesus expand on the meaning of the commandments in these verses?**

- Matthew 5:21-22
  
- Matthew 5:27-28

**The Beatitudes (Matthew 5:1-11)**

- Not “\_\_\_\_\_ you do this you will be blessed...”
- Instead, “You are \_\_\_\_\_ blessed by God; now \_\_\_\_\_ in that blessing.”

How are we as followers of Jesus blessed in these situations?

**Experiment #1**

**Matthew 5:3**

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**Matthew 6:19-34**

**Activities (pick one):**

Skip a meal. Donate the money saved to a local food pantry. Then write a half page about your experience.

Sleep on the floor (without padding) instead of your bed. Write a half page about your thoughts.

Take an item that you value and give it away to someone else. Answer these questions: How did it feel to do this? Was it easy or hard to do this? Why?

## Experiment #2

Matthew 5:4

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Psalm 32; John 11:1-44

### Activities (pick one):

Watch the video “99 Balloons” on YouTube. Complete this item (several paragraphs): “God came to the people in the video by . . .”

Purchase a helium-filled balloon and release it. Then complete this statement: “When I released the balloon I thought about . . .”

Research one of these current conflicts in the world: 1) China/Hong Kong, 2) Israel/Gaza Strip, 3) Racism/Black Lives Matter. Pray for those who are mourning the situation and caught in the conflict. Then, write three paragraphs about the conflict you chose, answering these three questions:

- What is the conflict about?
- Who is involved in the conflict?
- What can I do to help?

Arrange to accompany one of the pastors on a hospital or shut-in visit.

Write a half page about your experience.

## Experiment #3

Matthew 5:5

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Matthew 5:38-47

**“Meek” as used here by Jesus is somewhat different from the way “meek” is used in our culture. When Jesus uses “meek” He means “strength under control.” How does this meaning of “meek” differ from the way it is used in everyday speech?**

### **Activities (pick one):**

This week when you want to raise your voice, work to be gentle and soft-spoken instead. Write 3 paragraphs about your experience. What was the circumstance? What did you do? Was it hard? Why or why not?

Write a letter to one of your former teachers, thanking them.

Humbly serve: Volunteer to pull out and put back your neighbor's trash containers for a month. OR Volunteer to babysit your neighbor's kids without pay (just to help out). OR Shovel your neighbor's driveway without pay. OR . . . (what's your idea?)

Write a half page about your experience.

Make a point to hang out with someone you don't normally hang with: eat lunch with the kid sitting by themselves OR pick the person who doesn't get picked to be part of your study group at school OR be kind to the kid the other kids are picking on. Write a half page about your experience.

## **Experiment #4**

**Matthew 5:6**

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**Micah 6:8 / Matthew 6:33**

### **Activities (pick one):**

Read Matthew Chapters 5, 6, 7. Reflect on and write down what Jesus is saying to you. (minimum half page).

Learn what issues are facing the community in which you live or the school that you attend. Write a half page answer to this question: What does being a follower of Jesus say about this situation?

Make a list of things you tend to depend on instead of God. Pray each day for a week asking God to help you depend on Him instead of the things on your list. Write a half page about your experience.

Make something right this week. Ask a friend for forgiveness OR seek out a compromise with your parents about the thing that has come between you. Write a half page about it.

## **Experiment #5**

**Matthew 5:7**

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**Matthew 18:21-35**

### **Activities (pick one):**

Think of someone who owes you something. Write it down on a piece of paper, including why it hurt you. Then tear up the piece of paper into little pieces and throw it away. Forgive their “debt” and forget about it. Write a half page about your experience.

Stop whining for a week. Catch yourself each time you are getting ready to launch into a whine. Write about it: Was this hard to do? Why or why not?

(With a parent) Prepare and give a sack lunch to a homeless person. Write a half page about your experience.



## **Experiment #6**

**Matthew 5:8**

**>>Psalm 51:10-12 “Out of the heart . . .”**

### **Activities (pick one):**

Jesus says the pure in heart will see God. Since this likely does not mean that God will appear to you in a burning bush (like He did to Moses), in what ways do you believe God shows Himself to you when you strive to have a pure heart? Write a half page answer.

Visit church when nobody is there. (You will need to make arrangements to get in.) Pray in silence for others. Pray for their struggles and challenges as well as your own. Write 3 paragraphs about your experience.

Memorize Psalm 139:23-24. Then use these verses as part of your prayer in the morning for a week, asking God to reveal the areas in your life that act as a block in your relationship with Him. Write a half page about your experience.

## Experiment #7

Matthew 5:9

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Isaiah 61:1-4

### Activities (pick one):

Do some research on Nobel Peace Prize winners. Pick two and write how they used their gifts to improve our lives. Then write how God can use you to be a peacemaker.

Think about and discuss the difference between a “peacebreaker,” a “peacemaker,” and a “peacefaker.” Write down your understanding of each of these terms. Then write about a situation where God can use you to be a peacemaker.

Read James 1:19. This week hold your tongue during arguments even when you think you are right. Once you have listened, calmed down, and prayed about your response, THEN talk! Write 3 paragraphs about your experience.

Referees are the “peacemakers” on the field and the court, but seldom do they receive anything but criticism. It doesn’t matter if it was a ball or a strike, a foul, called “in” or “out.” Keep your complaints to yourself. Personally thank the ref(s) when the game has ended. Write a half page about your experience.

## **Experiment #8**

**Matthew 5:10**

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**Joshua 1:9; Matthew 28:20**

### **Activities (pick one):**

The website [opendoorsusa.org](http://opendoorsusa.org) has a World Watch List that reports which countries suffer the greatest persecution for their religious beliefs. Pray for a different area each night for a week. Write 3 paragraphs about your experience.

Find someone in Confirmation class, youth group, or at school who is often left out and by themselves. Sit with them at lunch or invite them to be part of your small group or involve them in some other way. Write a half page about your experience.

Stand up for someone who is being bullied by befriending them and telling a teacher about the bullying. Write about your experience.