

## A Recipe for Happiness

When Jesus taught about the Kingdom of Heaven and how we should treat one another on earth, he often had an upside-down way of looking at the world. People of Jesus' time (and even today) wanted more money, more power, ignored the poor and vulnerable, etc. But Jesus says, "the first will be last and the last will be first." Jesus ate with sinners and cared for the poor, sick, and others who were ignored by the world. This is what he tells us to do as well. The Beatitudes are a great example of this upside-down way of thinking and acting. As a way to remember how we too are to live upside-down from the world's expectations, we are going to make a Pineapple (or other fruit) Upside-Down Cake!

### Supplies:

- 1 yellow cake mix (and ingredients listed on box)
- 1 can pineapple rings
- 1 jar maraschino cherries
- 1/4-1/2 cup brown sugar
- Paper and writing utensil



**Step 1:** Mix the yellow cake mix according to the directions on the box.

**Step 2:** Grease your cake pan, then sprinkle brown sugar on the bottom of a cake pan (the more you put on the bottom, the sweeter the cake becomes).

**Step 3:** Place the pineapple rings and maraschino cherries on top of the brown sugar (use your imagination to create a design).

**Step 4:** Pour the prepared cake mix over the pineapple and cherries.

**Step 5:** Bake in a preheated oven according to the boxed cake mix instructions.

**Step 6:** Remove from the oven and flip over on a cake platter. Do not wait too long to do this or your cake will get stuck to the bottom of the pan when you try to flip it. Enjoy!

### **Talk about the following while your cake bakes:**

Draw a line down the middle of a sheet of paper. On the left side of the page, write the names (or titles) of people who are considered important in our world (i.e. president, CEO, celebrity, etc.). On the right side of the page, list all the people that are looked down upon or are not seen by society (i.e. poor, homeless, orphans, elderly, etc.).

Read the Beatitudes together (found in [Matthew 5:1-12](#)).

Discuss the following questions:

- 1) What is Jesus saying about our two lists?
- 2) How is the way Jesus sees people upside-down from how the world sees people?

Discuss the following about each Beatitude:

- 1) What does the Beatitude mean?
- 2) Who are the people in our community that fit this Beatitude?
- 3) What could we do as a family to live out this Beatitude?

Try living one of the Beatitudes by making a plan to reach out to someone whom you have identified through this activity.