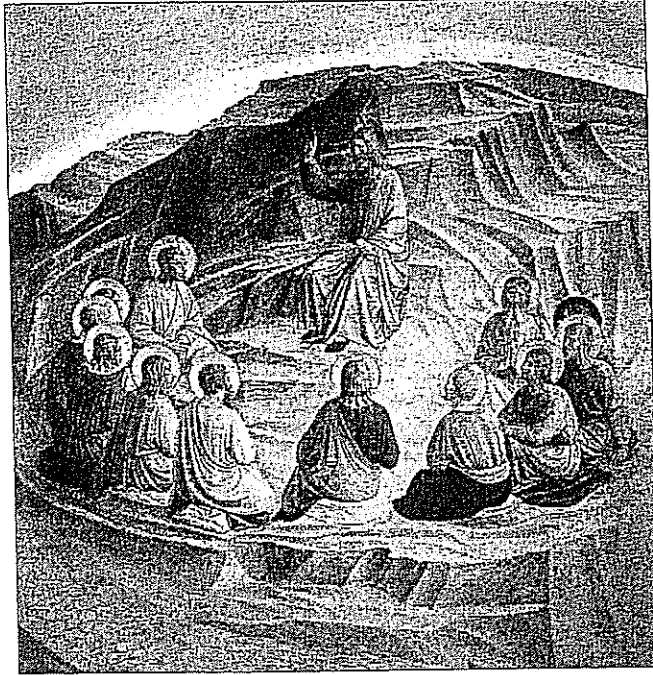


★ MATTHEW 5:1-12, LUKE 6:17,  
20-26

★ LECTIONARY: FOURTH  
SUNDAY OF THE YEAR, YEAR  
A; SIXTH SUNDAY OF THE  
YEAR, YEAR C

★ SEE ALSO SERMON ON THE  
MOUNT (CARD 46)

☪ CATECHISM 1716-1719,  
1725-1728



A popular song  
advised us, "Don't  
worry. Be happy."

Everyone wants to be happy. Jesus gave us the secret to happiness when he gave us the Beatitudes. These promises are also guidelines that help us to live in a Christlike way so that we are happy on earth and will be eternally happy in heaven. *Blessed* means "truly happy." The traditional list of eight beatitudes is in the Gospel of Matthew's Sermon on the Mount where Jesus delivers them as Moses delivered the Law on Mount Sinai. (The Gospel of Luke lists only four.) In each beatitude a value is paired with a promise.

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

Poor people are dependent. They are usually grateful and generously share. Being poor in spirit means having these attitudes. We remember that everything comes from our Creator. We depend on God in our needs and do not worry. We do not focus our lives on accumulating wealth and possessions. We also are willing to give up what we have.

*Blessed are they who mourn, for they will be comforted.*

If we suffer when other people suffer, then we are living by this beatitude, especially when we grieve over the evil and sin in the world. When we truly love others, their failings and their sorrows make us sad.

*Blessed are the meek, for they shall inherit the land.*

Meek means gentle and humble, the opposite of bossy, stubborn, and mean. A gentle person is not a wimp but is a person of great strength and courage. A gentle person is strong enough to suffer out of love as Jesus did.

*Blessed are they who hunger and thirst for righteousness, for they will be satisfied.*

When we hunger and thirst for what is right, we act to make the kingdom come in this world. We try to live by the values Jesus taught and help others live this way. We work for a world of peace and justice for all.

*Blessed are the merciful, for they will be shown mercy.*

We must have a heart of mercy and love. We are to be willing to pay attention to those in need, have compassion on them, and help them. When others hurt us, we are to forgive them.

*Blessed are the clean of heart, for they will see God.*

Being clean of heart means having God at the center of our life. It means that all our thoughts, actions, and decisions are determined by our relationship with God. Our gifts are used as God wishes.

*Blessed are the peacemakers, for they will be called children of God.*

To be a peacemaker we must first be at peace with ourselves and God. Then we can spread peace to the community. We work to resolve conflicts peacefully and strengthen the Church through forgiveness, acceptance, and endurance.

*Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.*

As followers of Christ, we can expect the cross. We will be hurt by others' words and deeds because of our living by the Gospel. We will suffer with joy, however, because of our personal love for Jesus.

Jesus lived the Beatitudes, and those who follow them will join him in the bliss of everlasting life.

**JESUS, GIVE ME THE ATTITUDES OF THE BEATITUDES!**

THINK of a story that shows that Jesus lived each beatitude.

TELL of someone who lived one of the beatitudes for you.

CREATE your own original beatitude.