

The Beatitudes

(From Jesus' *Sermon on the Mount* in Matthew 5: 3-12)

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

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

Blessed are the meek,
for they will inherit the land.

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

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

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

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

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

***Blessed are you when they insult you and persecute you
and utter every kind of evil against you [falsely] because of me.
Rejoice and be glad, for your reward will be great in heaven.***

Group Activity:

As a group, read about the Saint or holy person you were assigned. Then, decide together which of the Beatitudes that person lived out and explain why, giving examples from the story that you read.

The Saint/holy person I read about was:

The Beatitudes lived out by this person were (be sure to give examples from their life's story which you read):

At home with your family, discuss:

- How do you live out the Beatitudes?
- Write down an example of how you can better follow three of the Beatitudes as a family.