



Lectio Divina  
on the  
*Beatitudes*  
**REFLECTION JOURNAL**



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Verni l'alto

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*By his example he proclaims that a life lived in Christ's Spirit, the Spirit of the Beatitudes, is 'blessed', and that only the person who becomes a 'man or woman of the Beatitudes' can succeed in communicating love and peace to others.*

*Pope Saint John Paul II,*

**Homily from the Beatification of Pier Giorgio Frassati**  
May 20, 1990



*Pier Giorgio Frassati*

# The Man of the Eight Beatitudes



The title ***“Man of the Eight Beatitudes”*** which Pier Giorgio Frassati is often called came from one simple moment of inspiration. On March 27, 1977, Pope St. John Paul the Great, then Cardinal Karol Wojtyla, attended an exhibit on Pier Giorgio Frassati in his diocese of Krakow, Poland. Cardinal Wojtyla was no stranger to the incredible life of Pier Giorgio Frassati. Frassati’s vibrant joy and charisma, his love for the outdoors, his strong compassion for those in need, and his devotion for God inspired Karol Wojtyla’s own faith as a young seminarian.

Seeing the photos and life story of the young Italian who had inspired him during his own youth, Cardinal Wojtyla was deeply moved. He encouraged attendees to visit the exhibit saying: “Go and look at these photographs. Behold the man of the eight beatitudes who bears in himself the grace of the Gospel, the Good News, the joy of salvation offered to us by Christ...”

Later that year, Pier Giorgio Frassati’s niece, Wanda Gawrońska, was preparing for an exhibit in Rome. When asked for the title of the exhibit, Wanda recalled the beautiful words of Cardinal Wojtyla in Poland and proposed *“The Man of the Eight Beatitudes”* as the title. The name caught on. Before Pier Giorgio Frassati was officially recognized by the Church, he was known as *“The Man of the Eight Beatitudes.”*

On May 20, 1990 after years of promoting the cause of Pier Giorgio Frassati, Pope John Paul II formally beatified him in St. Peter’s Square. During the beatification homily, the Holy Father reaffirmed the title that had come to define Frassati in the hearts of many: *“By his example he proclaims that a life lived in Christ’s Spirit, the Spirit of the Beatitudes, is ‘blessed’, and that only the person who becomes a ‘man or woman of the Beatitudes’ can succeed in communicating love and peace to others. He repeats that it is really worth giving up everything to serve the Lord. He testifies that holiness is possible for everyone, and that only the revolution of charity can enkindle the hope of a better future in the hearts of people.”*

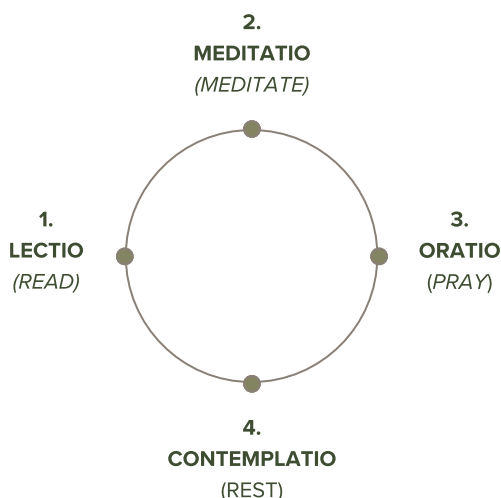
Blessed Pier Giorgio Frassati will be canonized by Pope Leo XIV on September 7, 2025. Even today, the phrase *“Man of Beatitudes”* continues to be one of the most enduring ways the Church remembers Pier Giorgio Frassati—not just as a title, but as a challenge to live the radical joy and holiness of the Gospel in ordinary life. In the following pages, let us challenge ourselves to discover how we are each uniquely called to be the “man or woman of Beatitudes”.

# Lectio Divina

*“Diligently practice prayer and lectio divina. When you pray, you speak with God, when you read, **God speaks to you.**” St. Cyprian.*

**Lectio Divina**, which means “**Divine Reading**” in Latin, is an ancient practice of prayerfully engaging with Scripture through meditation. In **Lectio Divina** one is invited into a reflective, deeply personal encounter with God through His Living Word. Rather than studying Scripture for information (*which is also a meaningful approach for engaging with Sacred Scripture*), **Lectio Divina** invites the heart to be transformed through silence, reflection, and communion with God.

This journal has been created to accompany you through a **Lectio Divina**, a meditative journey, through the **Beatitudes**—the heart of Jesus’ teachings from the **Sermon on the Mount** and a source of inspiration in the life of **Pier Giorgio Frassati**. Each section guides you through the fourfold movement of **Lectio Divina**:



Rather than treating these as steps in a checklist, pause in each of these moments. Linger, listen, and be present. Allow the Holy Spirit to open your heart to hear and respond personally to God’s voice. In moments when we sit in prayer with nothing to say, or are unsure of how to approach God, **Lectio Divina** can serve as gentle guide that disposes us to hearing *God speak to us*.

The Beatitudes call us to a radical way of living—one that is often countercultural, yet deeply rooted in the kingdom of God. Through this **Lectio Divina** of the Beatitudes, we pray that you will be transformed through a lived experience of God’s grace and infinite love for you.





# 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.*

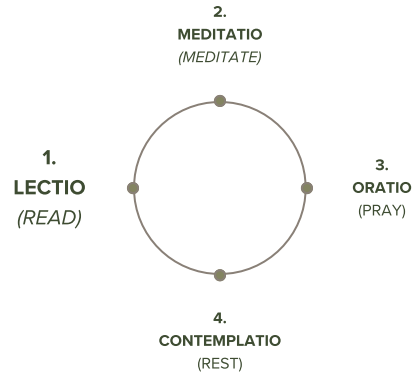
*Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.*

*Blessed are you when they insult you and persecute you and utter every kind of evil against you because of me.*

*Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.*



*lectio*



# READ

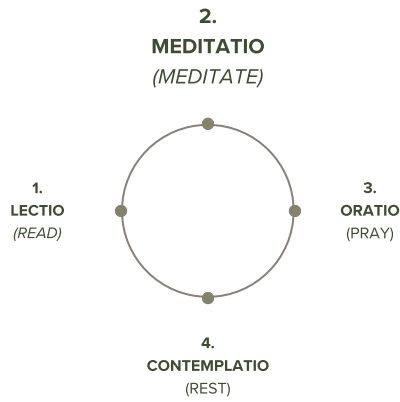
## Reflection

Read the Beatitudes slowly and attentively. Read it again and let the words settle into your heart. Write your inspirations freely or follow the prompts below.

- 1.What word or phrase stands out to me as I read this passage?
- 2.Which Beatitude speaks to my current life situation?
- 3.How do I feel as I read these words of Jesus?

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*meditatio*



REFLECT

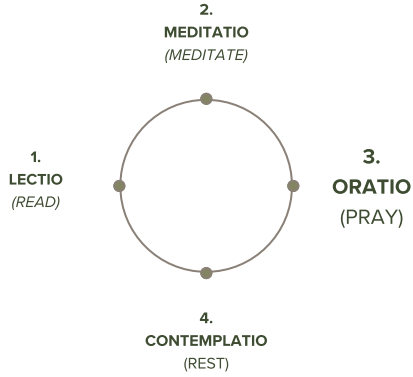
## Reflection

After reading for a second time, Write down the Beatitude that sticks out to you and begin to reflect on why it is speaking to you.

1. How have I experienced being “poor in spirit” or “meek” or any of the other Beatitudes?
2. What does it mean to “hunger and thirst for righteousness” in my daily choices?
3. Where do I see mercy or peacemaking in my relationships?



*oratio*



# PRAY

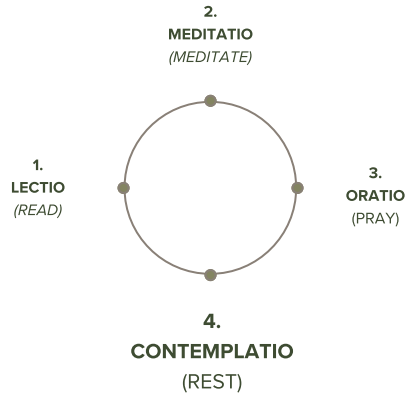
## Reflection

Speak to God from your heart. Respond to the text and to God. Ask God to show you what He wants you to take from it. This could lead you to offer thanks, ask forgiveness, or simply talk with God about what the passage brought to your heart. Share your thoughts, struggles, and desires. Write your thoughts below. Here are some prompts to guide you, but be open to the prompting of the Holy Spirit.

1. How have I experienced being “poor in spirit” or “meek” or any of the other Beatitudes?
2. What does it mean to “hunger and thirst for righteousness” in my daily choices?
3. Where do I see mercy or peacemaking in my relationships?

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*contemplatio*



# REST IN GOD

## Reflection

Rest in God's presence and let His word dwell in you. Write what you've contemplated below.

- 1.What peace or challenge lingers with me after sitting with this passage?
- 2.How is God transforming my heart through this moment of stillness?

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## FOR FURTHER REFLECTION

1. "Today, I feel closest to the Beatitude: 'Blessed are \_\_\_\_' because..."
2. "Living the Beatitudes looks like this in my life right now: \_\_\_\_"
3. "One area where I long for God's grace to grow in Beatitude living is..."
4. "This passage reminds me that holiness is not perfection but..."
5. "The Beatitudes challenge me to rethink \_\_\_\_ about my values, goals, or relationships."

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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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to accept the **Verso l'Alto Pledge**, explore reflections,  
stay updated on his path to canonization, and discover  
more about this amazing saint for our times, *our friend*,  
**Pier Giorgio Frassati.**