

## **The Beatitudes**

### **Matthew 5:1-16**

Matthew 5: When Jesus saw the crowds, He went up on the mountain; and after He sat down, His disciples came to Him. He opened His mouth and began to teach them, saying,

#### **Blessed are the poor in spirit...**

Am I humble enough to acknowledge my total dependence on God? Am I able to admit that I don't have all the answers? Can I admit mistakes without blaming others?

#### **Blessed are those who mourn...**

Do I stop to examine my losses, or do I miss the opportunity to be closer to God? Do I figure out why I fail to do good? Do I take my broken promises to God? Do I turn to God when facing death or loss of a loved one? Do I console and help those who mourn and suffer? Have I been able to say: "I am sorry" and really mean it?

#### **Blessed are the humble...**

Do I align my desires with God's will? Do I serve my neighbors? ALL of them. Even the ungrateful? The people I don't like? Or the unlikeable? Am I able to affirm others rather than criticize them? Am I a good listener?

#### **Blessed are those who hunger and thirst for righteousness...**

Do I yearn for God's justice or for material goods? Do I work for the triumph of love, peace and justice? Do I understand that every person is just as important as me? Do I listen with attention and devotion to the Word of God proclaimed? Am I hungry for Eucharist?

#### **Blessed are the merciful...**

Do I choose to forgive or do I hold a grudge? Do I forgive when it's easy AND when it's hard? Do I forgive the unforgiveable? Do I give others the benefit of the doubt? Am I sensitive to others' needs? Do the needs of others come before my own?

#### **Blessed are the pure of heart...**

Am I a person of integrity and sincerity? Am I honest about my own faults and failings? Do I do what is truly right or do I compromise because it's easier? Do I look for instant gratification? Do I recycle to keep God's world pure? Do I keep myself pure in mind, body, and soul? Have I allowed a particular sin or vice to distract me from God?

#### **Blessed are the peacemakers for they shall be called children of God...**

Am I a person of reconciliation, peace and mercy? Do I hold grudges or seek revenge? Am I at peace with myself, with my family, friends, and those with whom I live and work? Do I bring peace to my world?

**Blessed are those who are persecuted for the sake of justice...**

Do I examine myself and my conduct in light of the Gospel call to be a disciple? Do I follow Christ's example and stand up for what is right? Am I only a Christian when it is convenient for me, or socially acceptable? Am I able to suffer in silence or am I always complaining about something?