

# JESUS PROCLAIMS GOD'S BLESSINGS

WEEK A - O4

MATTHEW 5:1-12A



When Jesus saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. Then he began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are those 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."

1

## UNDERSTAND IT!

Blessed	Already made holy, touched by God.
Poor in spirit	Those who are humble and know that they need God in their lives.
Mourn	To feel regret or sadness.
Meek	A person who is quiet, gentle, and kind.
Righteousness	Behavior that is perfectly right or good.
Mercy	Compassion or forgiveness.
Persecute	To abuse, mistreat, torment or torture.
Utter	To speak.
Rejoice	To feel or show great joy.

2

## EXPLORE IT!

In today's Gospel, Jesus goes up the mountain to preach the Word of God to His disciples and also to a crowd of people. Specifically, Jesus teaches several of God's blessings in His Sermon on the Mount, known as the Eight Beatitudes. The Beatitudes are blessings a person can receive when they have certain "attitudes" towards the teachings of Jesus. Jesus specifically wanted to remind us how we should live as Christians in order to receive God's blessings. Here are the Eight Beatitudes and what they mean:

1. He who is humble will be blessed and filled with God's grace.
2. He who regrets his sins and the sins of the world will be comforted by the Holy Spirit.
3. He who is gentle, kind, and obedient to God will receive peace in this world.
4. He who has a desire to fulfil God's will and do what is right, will achieve holiness.
5. He who shows love, compassion, and forgiveness towards others even if they do

not deserve, God will also show us love, compassion and forgiveness.

6. He who is free of all selfish intentions or acts free of personal gain, who is pure of heart and selfless, will see God.
7. He who lives a peaceful life but also tries to bring peace and friendship to others is a child of God.
8. He who is persecuted and suffers because they are Christian should not be ashamed but faithfully follow Jesus' teachings because God's glory will be revealed to us.

To summarize the 8 Beatitudes, Jesus emphasized that even if we suffer mentally, spiritually or physically, we should rejoice for the promise of the glory that is to come in the Kingdom of Heaven when we follow His teachings.

3

### CONNECT IT!

The Gospel of Matthew reveals several similarities between the Old and New Testament, specifically between Moses and Jesus. Moses went up the mountain to receive the Word of God in the form of the 10 Commandments, while Jesus went up the mountain to preach the Word of God in His Sermon on the Mount. His Sermon introduces the 8 Beatitudes, which is a list of blessings from God.

The Gospel today focuses on Jesus' teaching on how He wants us to live and how we can be more like Him. It is not easy, but do not be discouraged because it is possible to do it with God's help in making decisions and in everything we do. We will join God in heaven as long as we try our best in life to live up to the Beatitudes.

4

### LIVE IT! [ SUFFERING ]

**Suffering** – physical, mental, or emotional pain or hardships.

We may not go through physical suffering each day, but sometimes we may have to endure mental and emotional suffering. The same thing goes for people around us, but we can make things better for ourselves and our community by being compassionate.

Practice on being compassionate by showing others that we care for them by doing something nice for them, even if they have made us angry in the past. Helping someone through tough times shows them that there is love in the world, and that through love we do not have to suffer.

5

### REMEMBER IT!

**"Rejoice and be glad,  
for your reward will  
be great in heaven."**

(Matthew 5:12)

6

### PRAY IT!



Dear Lord Jesus Christ, thank you for Your promise of salvation. We pray that we all can follow Your teachings in the Beatitudes to better ourselves and be worthy of Your Kingdom in Heaven. Please help us to live our lives full of humility, compassion, and charity so that we can become the people You want us to be. Amen.

My child has completed the corresponding virtue for this week \_\_\_\_\_

Parent signature \_\_\_\_\_