



3 Pause and reflect

Reflective music

God of Generous and Abundant Love, be with us as we continue our Christian journey. Help us to follow in the footsteps of Jesus and may it be said of us, as of the 'first Christians', "see how these Christians love one another."

We begin by making the Sign of the Cross.

"In the name of the Father,
and of the Son
and of the Holy Spirit.
Amen."

We light a candle to welcome the presence of Jesus among us.

Pope Francis accentuates the importance of the Beatitudes for the Christian life and says: "The Beatitudes are like a Christian's identity card." And, if asked: 'What must one do to be a good Christian?' – the answer is, each in our own way, follow the teaching given in the Beatitudes where Jesus asks us to follow Him and to travel with Him along the path of love, the path that alone leads to eternal life. It is not an easy journey, yet the Lord promises us His grace and He never abandons us.

We face so many challenges in life: poverty, distress, humiliation, and the struggle for justice, persecutions, the difficulty of daily conversion, the effort to remain faithful to our call to holiness, and many others. But if we open the door to Jesus and allow Him to be part of our lives, if we share our joys and sorrows with Him, then we will experience the peace and joy that only God, who is infinite love, can give.

4 Ponder

THE BEATITUDES

in the Gospel of Matthew 5:3-10

1) "Blessed are the poor in spirit for theirs is the kingdom of heaven"

The poor include both literally poor people, in need of basic necessities, and figuratively poor people, who are poor of their spiritual poverty, people who acknowledge their need and utter dependence upon God. The reward mentioned here is nothing less than the kingdom of heaven.

▷ *What do we consider to be our family's greatest riches?*

2) "Blessed are they who mourn for they will be comforted."

Those who mourn could be anyone who is sad or experiencing a loss of something. Jesus promises comfort for those who suffer, when we suffer we have something to make: we can become bitter or we can become more compassionate towards others who are in pain.

▷ *How do we find comfort in our lives?*

3) "Blessed are the meek, for they will inherit the land"

The meek are people who are gentle and patient. A person who chooses other ways to resolve conflicts instead of resorting to violence is meek. The reward is great wealth.

▷ *How do we resolve conflict in our families?*