

Blessed Are the Poor in Spirit



St. Charles Catholic Church
Liturgy of the Word with Children
Family Reflection for
January 29, 2023 Fourth Sunday in Ordinary Time

Gospel Reading: Matthew 5:1-12

To hope in the Lord always.

Reflection:

In today's Gospel, Jesus teaches us what it means to be happy. The list is called the Beatitudes. The word Beatitude means "blessedness," or "happiness." People often associate happiness with possessions and status, but in the Beatitudes, Jesus offers a lasting happiness to those who live by his teaching. Being poor in spirit is not about having a weak spirit but rather knowing that you need God, recognizing that all that you have comes from him and not from yourself. "Blessed are the merciful," for example, means that you will find happiness when you forgive someone who has hurt you. Peacemakers are blessed, for they seek to get along with other people even when it is difficult. Jesus desires for us to make him the center of our lives. The key to true happiness comes from placing our trust in God instead of worldly possessions and belongings. Seek the love of God above all else because God alone is the source of goodness and love.

Family Prayer:

Jesus, you save all those who trust in you. Thank you for loving us all the time and sharing your happiness with us. Amen.

Discuss these questions as a family:

- * In what ways are you blessed by God? Make a list of blessings.
- * How does God take care of you?
- * Which Beatitude do you find most challenging? Why do you think it is hard?
- * If someone calls you meek, would you consider it a compliment or an insult?
- * How can you share God's love and comfort with others?

Family activities:

Take time to apply the Beatitudes to your daily life.

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Jesus wants us to be happy with what we have.

Now Try Make a list of all of the things you are grateful for. You could also try to go a whole day without asking for anything you want, only what you need.

"Blessed are the meek, for they will inherit the Earth." Wait patiently without creating a fuss. **Now Try** Talk with your grown-up about something you've been wanting. Then ask what you can do to earn that thing or activity. Maybe it's cleaning your room every day for a week, or it could be listening and following directions without arguing.

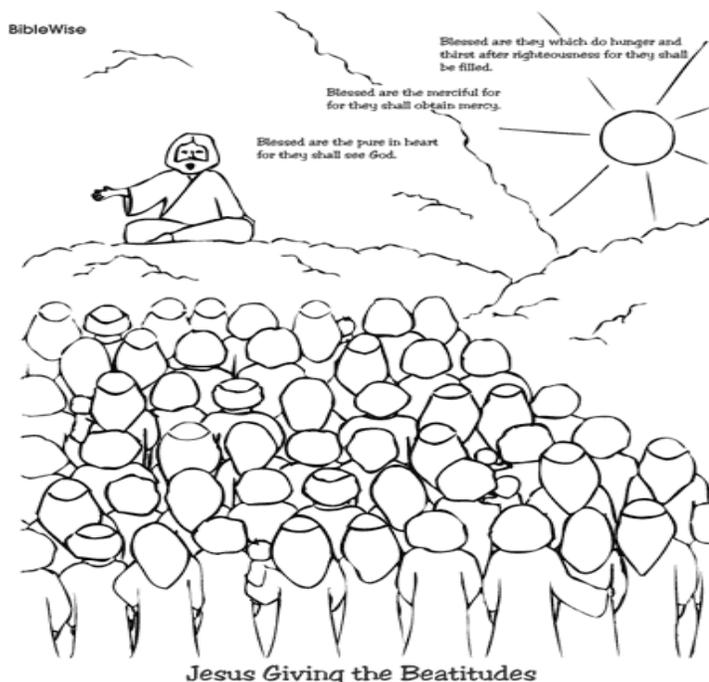
"Blessed are the merciful, for they will be shown mercy." Be kind and forgiving to other people. **Now Try** When someone says "I'm sorry" or makes an apology, listen to their words and try to forgive them. It might take time, but if you try really hard, you can do it.

"Blessed are the pure in heart, for they will see God."

Now Try Find time each day to pray. If you're old enough to write, keep a prayer journal. If you're not quite a reader yet, draw your prayers, and keep a journal of pictures.

"Blessed are the peacemakers, for they will be called children of God." **Now Try** Make an effort to go all day without fighting with your brother or sister. Or if you're really up for a challenge, see if you can be helpful around the house to keep the peace, doing things like cleaning up after yourself.

"Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven." Be strong in your love for God. **Now Try** Each time you go to church, look around at all the other children. Try to introduce yourself to one new friend. Remember, these kids are God's children, just like you.



Jesus Giving the Beatitudes