

Today, we talked about the Beatitudes...complete this personal reflection so that you can discuss what your children learned today...

Here are the Eight Beatitudes from Matthew 5:3-10.

- '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 earth.
- 'Blessed are those who hunger and thirst for righteousness, for they will be filled.
- 'Blessed are the merciful, for they will receive mercy.
- 'Blessed are the pure in heart, for they will see God.
- 'Blessed are the peacemakers, for they will be called children of God.
- 'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Choose one of the Beatitudes that means the most to you, or challenges you the most at this point in your life. Re-write the beatitude in a personal way, for example "Blessed are you, [insert your name], for your meekness, for you shall inherit the earth."

Write your personal reflections on your Beatitude by responding to these questions.

What does the first part of this Beatitude mean to me? "Blessed are . . ."

What does the second part of this Beatitude mean to me? "For . . ."
What words or phrases or images capture the meaning of the beatitude?

What are three things I am going to do in the next week to live the spirit of this beatitude?