

Jesus' Teaching – the Beatitudes

Catechetical Preparation

Consider the following statement: A beatitude is a blessing or special joyfulness of a spiritual nature
The Beatitudes sum up the blessings and joys in store for people who follow Jesus and His way of life.

Keeping the above statement in mind, read and meditate on the following passages:

Scripture:

Ex. 20:1-17	<u>The Ten Commandments</u>
Mt. 5:3	“Blessed are the poor in spirit, for theirs is the kingdom of heaven.”
Mt. 5:4	“Blessed are those who mourn, for they shall be comforted.”
Mt. 5:5	“Blessed are the meek, for they shall inherit the earth.”
Mt. 5:6	“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.”
Mt. 5:7	“Blessed are the merciful, for they shall obtain mercy.”
Mt. 5:8	“Blessed are the pure in heart, for they shall see God.”
Mt. 5:9	“Blessed are the peacemakers, for they shall be called sons of God.”
Mt. 5:10	“Blessed are those who are persecuted for righteousness sake, for there is the kingdom..”
Mt. 5:11	“Blessed are you when men revile you and persecute you and utter all kinds of evil....”
Mt. 5:12	“Rejoice and be glad, for your reward is great in heaven.”
Lk. 6:20-23	<u>The Beatitudes</u>

Catechism:

CCC, 2052f.	The Ten Commandments
CCC, 1716-1717	The Beatitudes
CCC, 1718-1719	The Desire for Happiness
CCC, 1720-1724	Christian Beatitude

Key Terms:

Beatitude: Happiness or blessedness by which those who are united to God, become “partakers of the divine nature.”

Beatitudes: The teachings of Jesus in the Sermon on the Mount on the meaning and way to true happiness.

Beatific Vision: The contemplation of God in heavenly glory, a gift of God which is a constitutive element of the happiness (beatitude) of heaven.

“How is it, then, that I seek you Lord? Since in seeking you, my God, I seek a happy life, let me seek you so that my soul may live, for my body draws life from my soul and my soul draws life from you.” (St. Augustine).

Jesus' Teaching – the Beatitudes

Catechetical Session

People under the Old Law, the time before Jesus was born, received the Word from God of the 10 Commandments. They were the only people God had chosen to give this Revelation.

I. Why do we need the Ten Commandments?

- a. Ten Commandments provide boundaries and give direction
- b. They give order so we can have peace and happiness
- b. If we left out one of the Ten Commandments (lying) what would family life be like? How would life change?

II. No one in the Old Testament could keep the 10 Commandments.

- a. The people of the Old Testament could not keep the 10 Commandments because they had lost God's life within them due to Original Sin.
- b. Keeping the Ten Commandments is not possible through muscle or will power alone

II. The people of the Old Testament needed God's help.

At the point the people realized they needed God's help to keep the 10 Commandments, the stage is set for God Himself to come into the world and obtain for us this supernatural strength. This supernatural strength is sanctifying grace which is God's Divine Life within our soul. Sanctifying grace enables people to keep the 10 Commandments.

- a. We now understand that we need a Savior

III. God sent His Son

Jesus came to teach the people

He began teaching at age 30 and taught for 3 years.

- a. Jesus taught the Beatitudes. Matthew 5: 1-12
- b. The Beatitudes take us further than the Ten Commandments.
- c. **True happiness = a be attitude = an attitude of being**

Jesus knew that He would give us the supernatural strength to live the Beatitudes which are much more difficult than the Ten Commandments.

IV. Jesus fulfills the Father's Plan that was from the beginning.

- a. God's Plan is the Paschal Mystery
- b. The Paschal Mystery includes these 4 events:
Jesus' Passion, death, Resurrection and Ascension into Heaven.
Jesus' Passion = His suffering included being mocked, spit upon, scourged, crowned with thorns and carrying the cross.
Death = Jesus hung upon the cross and died at 3 p.m.
Resurrection = Jesus rose from the dead on the 3rd day = Easter
Ascension into Heaven = 40 days later Jesus went back to Heaven on His own power.
- c. Jesus suffered, died, rose from the dead and ascended into Heaven so that our sins can be forgiven and we can receive sanctifying grace. Sanctifying grace is God's Divine Life within our soul.
- d. We receive sanctifying grace in the sacraments.
- e. Name the 7 Sacraments:
Baptism
Confession
Holy Eucharist
Confirmation
Holy Orders
Matrimony
Anointing of the Sick

V. Jesus sent the Holy Spirit at Pentecost, which is the birthday of the Catholic Church

- a. Pentecost happened 50 days after Easter.
Easter Sunday = Jesus rose from the dead
40 days later Jesus ascended into Heaven
9 days later the Holy Spirit came upon the Apostles and Mary at Pentecost
- b. God the Holy Spirit came upon the Apostles to empower them to begin the Catholic Church –
-so we could receive the seven sacraments
-Through the sacrament we receive God's Divine Life within us =sanctifying grace, giving us the supernatural strength to be faithful in living the Catholic Christian life.

Jesus' Teaching - the Beatitudes

Outline

People under the Old Law, the time before Jesus was born, received the Word from God of the 10 Commandments. They were the only people God had chosen to give this Revelation.

I. Why do we need the Ten Commandments?

- a. provide boundaries and give direction
- b. give order
- c. one cannot be left out – makes the other ten useless

II. No one in the Old Testament could keep the 10 Commandments.

- a. they had lost God's life within them due to original sin
- b. not possible through muscle or will power alone

II. The people of the Old Testament needed God's help.

- a. we now understand that we need a Savior

III. God sent His Son

- a. Jesus taught the Beatitudes
- b. The Beatitudes take us further than the Ten Commandments

True happiness = a be attitude = an attitude of being

Jesus knew that He would give us the supernatural strength to live the Beatitudes which are much more difficult than the Ten Commandments.

IV. Jesus fulfills the Father's Plan that was from the beginning.

- a. Paschal Mystery
- b. Jesus' Passion, death, Resurrection and Ascension into Heaven
- c. Our sins can be forgiven and we can receive sanctifying grace
- d. We receive sanctifying grace in the sacraments
- e. Baptism
Confession
Holy Eucharist
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People under the Old Law, the time before Jesus was born, received the Word from God of the 10 Commandments. They were the only people God had chosen to give this Revelation.

I. Why do we need the Ten Commandments?

- a.
- b.
- c.

II. No one in the Old Testament could keep the 10 Commandments.

- a.
- b.

II. The people of the Old Testament needed God's help.

- a.

III. God sent His Son

- a.
- b.
- c. True happiness = _____ = an _____ of _____

Jesus knew that He would give us the supernatural strength to live the Beatitudes which are much more difficult than the Ten Commandments.

IV. Jesus fulfills the Father's Plan that was from the beginning.

a.

b.

c.

d.

e.

V. Jesus sent the Holy Spirit at Pentecost, which is the birthday of the Catholic Church

a.

b.

Jesus' Teaching: the Beatitudes

“Here, then, I have today set before you life and prosperity, death and doom. If you obey the commandments of the Lord, your God, loving Him, and walking in His ways, and keeping His commandments, you will live and grow numerous. If, however, you turn away your hearts and will not listen, but are led astray and adore and serve other gods, I tell you now that you will certainly perish. I have set before you life and death, the blessing and the curse. Choose life, then, that you and your descendants may live by loving the Lord, your God, heeding His voice, and holding fast to Him. For that will mean life for you. (Deuteronomy 30: 15-20)

A beatitude is a blessing or special joyfulness of a spiritual nature

The Beatitudes sum up the blessings and joys in store for people who follow Jesus and His way of life.

Matthew 5: 1-12

1. “Blessed are the **poor in spirit**, for theirs is the **Kingdom of Heaven.**”

Beatitude

Spiritual childhood – I need You, God

Realize I cannot keep the Law on my own.

I do not have the Holy Spirit

Who gives me the power to keep

God's Law. I am totally dependent upon Him for this grace.

When I acknowledge this,

He will give it to me.

Simple way of life

world view

I can do anything I set my mind to

Desire for possessions

2. “Blessed are **those who mourn**, for they **shall be comforted.**”

Beatitude

I can turn to Jesus and

can trust in Him for comfort

in times of sorrow

Redemptive suffering (like Jesus on Cross)

world view

No one should have to suffer

3. “Blessed are the **meek**, for they **shall inherit the earth.**”

Meek = patient and trusting

Meek is not being weak!

Beatitude

God provides for those who trust Him

Those who observe God’s law and live honestly will be rewarded by God

world view

I need to take care of myself

I will push, control, worry and work till I get what I want

4. “Blessed are those who **hunger and thirst for righteousness**, for they **shall be satisfied.**”

Righteousness = doing what is right = doing God’s Will

Beatitude

Seek to know and do God’s will

We discover this through a life of prayer, and living by the Ten Commandments.

world view

I can do whatever I want

5. “Blessed are the **merciful**, for they **shall obtain mercy.**”

Mercy = to receive God’s love, forgiveness and give God’s love, forgiveness.

Mercy = kindness in excess of what may be deserved or before it is deserved

Give mercy and you will receive mercy

Beatitude

Forgive someone before they seek forgiveness

world view

Seek revenge

6. “Blessed are the **pure in heart**, for they **shall see God.**”

Pure in heart = soul that is pure & clean. I need to guard my senses to protect my mind and heart from violence, lust, materialism, consumerism and pleasure-seeking.

Jesus is present, He loves me and guides me

I see His presence and love in the world

I will see Him face to face in Heaven

Beatitude

I want what God wants because He knows what is best for me.

world view

I want what I want, now

7. “Blessed are the **peacemakers**, for they shall be **called the sons of God.**”

Peacemaker = intercessor, someone in the middle making peace

Peacemaker = harbors peace in the soul

Beatitude

Speaking the truth in love, not in judgmental way

Being reconciled, reconciling others with God

Ends conflict, tensions by backing down

When misunderstood, quietly accepting

Praying for healing between people

world view

I don't care what you think

I only have to worry about me

I am right – you can jump off a cliff.

Growing bitter over wrong done

Becoming selfish and rejecting others

8. “Blessed are those who are **persecuted for righteousness’ sake**, for **theirs is the Kingdom of Heaven.**

Righteous = moral, right, good, ethical, living according to God's values

God cares for those who do what is right

Beatitude

Suffering persecutions patiently

for being true to Jesus Christ,

No matter the cost in terms of reputation, possessions, life.

world view

Compromise is admissible

Peer pressure determines my choices_ a feeling of having to fit in. I deny Him.

True happiness = a be attitude = an attitude of being

God gave the people of the Old Testament the Ten Commandments to guide their exterior actions.

Jesus gave us the Beatitudes to develop the intentions of our heart.

Jesus has shown us the way of life through the Church.

The world shows us the way of death.

You have to make choices. Recognize the meaning of your choices.

Your choices lead, ultimately, to life or death.

Choose Life!

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A beatitude is a _____ of a spiritual nature. The Beatitudes sum up the blessings and joys in store for people who follow Jesus and His way of life.

Matthew 5: 1-12

1. “Blessed are the **poor in spirit**, for theirs is the **Kingdom of Heaven.**”

Beatitude

world view

I cannot keep the Law on my own
I do not have the Holy Spirit
Who gives me the power to keep
God's Law. I am totally dependent
upon Him for this grace.
When I acknowledge this,
He will give it to me.

2. “Blessed are **those who mourn**, for they **shall be comforted.**”

Beatitude

world view

and can trust in Him for comfort
in times of sorrow
Redemptive suffering (like Jesus on Cross)

3. “Blessed are the **meek**, for they **shall inherit the earth.**”

Meek = patient and trusting

Meek is not being weak!

Beatitude

Those who observe God’s law and live honestly will be rewarded by God

world view

I will push, control, worry and work till I get what I want

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Righteousness = doing what is right = doing God’s Will

Beatitude

We discover this through a life of prayer, and living by the Ten Commandments.

world view

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Mercy = to receive God’s love, forgiveness and give God’s love, forgiveness.

Mercy = kindness in _____ of what may be deserved or _____ it is deserved. Give mercy and you will receive mercy

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they seek forgiveness

world view

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Jesus is present, He loves me and guides me. I see His presence and love in the world. I will see Him face to face in Heaven

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because He knows what is best for me.

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Peacemaker = intercessor, someone in the middle making peace

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world view

Speaking truth in love, not judgmental way
Ends conflict, tensions by backing down

I don't care what you think
I am right – you can jump off a cliff.

When misunderstood, quietly accepting

Growing bitter over wrong done

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God cares for those who do what is right

Beatitude

world view

for being true to Jesus Christ, no matter cost in terms of reputation, possessions, life we will be rewarded in Heaven.

Peer pressure determines my choices – a feeling of having to fit in. I deny Him.

True happiness = a _____ = an attitude of being

God gave the people of the Old Testament the _____
to guide their _____.

Jesus gave us the _____ to develop the
_____.

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Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they 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 shall 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.”

(Matthew 5: 3-12)

(The first three questions concern the internal form of individuals. They should not be discussed in a small group, only with a priest if so desired.)

How are you living according to the Ten Commandments?

How are you not living according to the Ten Commandments?

Do you ask Jesus to help you come away from this sinful habit(s)?

How are we able to live the Beatitudes?

Which of the Beatitudes do you find most challenging? Why

What blessings would come to you by living this Beatitude?
