

Near the beginning of Jesus' ministry a large crowd had gathered to hear his words, to be encouraged and to learn how to shape their lives in a more loving way. This teaching is called the *Sermon on the Mount*, because Jesus went up a hill so everyone could see and hear him. It is also called the *Beatitudes*; in some translations the word *blessed* is used. Jesus explains the meaning of true happiness and its rewards:

*Blessed are those who know they are spiritually poor;
the Kingdom of heaven belongs to them!*

*Blessed are those who mourn;
God will comfort them!*

*Blessed are those who are humble;
they will receive what God has promised!*

*Blessed are those whose greatest desire is to do what
God requires;*

God will satisfy them fully!

Blessed are those who are merciful to others;

God will be merciful to them!

*Blessed are the pure in heart;
they will see God!*

Blessed are those who work for peace;

God will call them his children!

*Blessed are those who are persecuted because they do
what God requires;*

the Kingdom of heaven belongs to them!



Task:

Think about how you can live out the Beatitudes in your life and write your own version.

Give reasons why you would make others feel blessed and loved too.

E.g.

You will be blessed when you...

share your ... because...

show respect to ... because...'