

Preface: Prepare the Way	viii
How to Use This Journal	xi
1: Blessed Are the Poor in Spirit—St. André Bessette	1
2: Blessed Are They Who Mourn—St. Elizabeth Ann Seton	17
3: Blessed Are the Meek—St. Maximilian Kolbe	33
4: Blessed Are They Who Hunger and Thirst for Righteousness—St. Mark Ji Tianxiang	49
5: Blessed Are the Merciful—St. Maria Goretti	65
6: Blessed Are the Clean of Heart—St. Charbel Makhlouf	81
7: Blessed Are the Peacemakers—St. Óscar Romero	97
8: Blessed Are They Who Are Persecuted— St. José Luis Sánchez del Río	113
Conclusion: Rejoice and Be Glad, for Your	
Reward Will Be Great	127
Acknowledgments	136
Arise to Blessedness Journaling Pages	138