

preview

**BLESSED
CONVERSATIONS**

THE BEATITUDES

**A BLESSED IS SHE
REFLECTION ON THE CATECHISM**

In this eight chapter study, we will enter more deeply into the eight Beatitudes that Jesus taught on the Sermon on the Mount as set forth in the section on our calling to beatitude in the Catechism of the Catholic Church. If you've ever felt hesitant or uncertain about living out the Beatitudes, this guide is here to help you and your group do just that.

We begin with an introduction to what the Catechism says about the Beatitudes. Then each Beatitude is discussed in three parts:

Your leader has more instructions in her leader guide, but suffice it to say: take your time working through these four sections. They are compact and chock-full of goodness. There isn't a right or wrong way to work through the chapters!

Here are a few options:

You can read aloud a chapter together as a group

You can then discuss the questions

You can read it ahead of time

You can ponder the short Scripture verses using lectio divina

You can journal about what speaks to you and what lingers after your sisters' voices have faded



**SCRIPTURE RELATED
TO IT**



A REFLECTION, AND



**DISCUSSION
QUESTIONS.**

God bless you abundantly as you journey through this together. Please reach out to our Director of Ministry Advancement, Beth Davis, with any questions along the way:

bethdavis@blessedissh.net

preview

INTRODUCTION

At the very core of Jesus' preaching are the Beatitudes, blessings which fulfill our God-given desire for happiness. Christ shows us with these eight teachings how His promise of happiness to his Chosen People continues beyond this life. (§§1717-18) The Beatitudes are ultimately what we are called to, offering us an opportunity to fulfill our reason for being: to know, love, and serve God, and be happy with Him in Heaven. (§1721) The Beatitudes show us that our true happiness consists in the coming of God's Kingdom, seeing God, and entering into His joy and rest. (§1720)

In the Gospel according to Saint Matthew, Jesus lists the Eight Beatitudes for us:

**“BLESSED ARE THE POOR IN SPIRIT,
FOR THEIRS IS THE KINGDOM OF HEAVEN.**

**“BLESSED ARE THOSE WHO MOURN,
FOR THEY SHALL BE COMFORTED.**

**“BLESSED ARE THE MEEK,
FOR THEY SHALL INHERIT THE EARTH.**

**“BLESSED ARE THOSE WHO HUNGER AND THIRST
FOR RIGHTEOUSNESS, FOR THEY SHALL BE SATISFIED.**

**“BLESSED ARE THE MERCIFUL,
FOR THEY SHALL OBTAIN MERCY.**

Preview
“BLESSED ARE THE PURE IN HEART,
FOR THEY SHALL SEE GOD.

“BLESSED ARE THE PEACEMAKERS,
FOR THEY SHALL BE CALLED SONS OF GOD.

“BLESSED ARE THOSE WHO ARE PERSECUTED
FOR RIGHTEOUSNESS’ SAKE,
FOR THEIRS IS THE KINGDOM OF HEAVEN.”

(Matthew 5:3-11)

These paradoxical promises show us what has already been made ready for us, starting in the lives of the disciples and increasingly made evident in the Virgin Mary and all the lives of the Saints. (§1717) Grace leads us to living these out, as this promise of eternal life with God is a gift, and a supernatural one at that. (§1722) We’re invited to make the moral choice to purify our hearts so that we can see God. Happiness—true happiness—doesn’t come from our achievements, wealth, or power. It comes from God Who is the source of all good and all love. (§1723)

preview

01

BLESSED ARE THE POOR IN SPIRIT,
FOR THEIRS IS THE KINGDOM
OF HEAVEN.



preview

PSALM 51:17

The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.

JOHN 15:5

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

ACTS 17:27-28

[T]hat they should seek God, in the hope that they might feel after him and find him. Yet he is not far from each one of us, for 'In him we live and move and have our being'; as even some of your poets have said, 'For we are indeed his offspring.'



Not long ago, the reality of what it means to be “poor in spirit” hit me square between the eyes. I had a choice: either humbly acknowledge my total dependence on God, or continue to live in a nightmarish reality of my own prideful design.

I believed achievement and an overflowing schedule meant all was well. I thought that if I earned this academic honor or attended that party, I would be seen and known and loved. *I would be saved.*

I crafted a life made after my own image and likeness rather than God’s. Sure, when times got tough, I’d call on my old pal Jesus to get me out of the latest jam, just like I’d call a plumber to unclog a problematic toilet. Once the problem subsided, I returned to my default mindset: *“Heather, I trust in you.”*

Problem-solving was simple: Just add more coffee/appointments/rest. I convinced myself that I was self-sufficient. Until I wasn’t.

One day, my friend and I had a major misunderstanding. I felt betrayed and crushed. I sunk lower than I’d ever been. There’s nothing quite like relationships with

other wounded children of God to shine a spotlight on our own brokenness. Not only did my go-to fixes of busyness and striving fail to mend my broken heart, they caused me to stumble even further into darkness. The plates I frantically spun in the air were crashing right and left, and I couldn’t pretend all was well anymore. Finally, from the depths of my emptiness, I cried out like a beggar: *“Jesus, help me!!”*

As I wept, my clenched hands slowly opened, releasing my battered relationship, my tenuous self-sufficiency, and my love-starved soul. The words of John 15:5 leapt off the pages of my underused Bible: *“I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.”*

Breathing in the truth of sacred Scripture, an unfamiliar sensation washed over me: it was a tranquility that transcended understanding. I believed in the depths of my heart that it is in Christ alone that I can experience real life—not just a life of striving and achieving and surviving—but a life of merciful wholeness and gracious abundance. (John 10:10)

preview
I BELIEVED IN

THE DEPTHS

OF MY HEART

THAT IT IS IN

CHRIST ALONE

THAT I CAN

EXPERIENCE

REAL LIFE.



01. What does it mean to be “poor in spirit”? What might that look like for you?

02. Are you trusting in yourself? Are you measuring your worth and happiness based on your achievements? Conversely, when you’re not performing well in life, do you feel like you’re a failure?

03. Have you ever felt like you hit the bottom and truly *needed* Jesus?

04. What, if anything, is holding you back from experiencing a rich and deep sense of needing God?

preview