



The Beatitudes

Happiness

- US is one of the wealthiest, most powerful, and most technologically advanced countries
- We are 18% more depressed now than we were during the Depression
- We perform better when we are happy - make more money, set more goals, have less stress, are more energetic, recover from illness faster, and live longer
- Happiness is something we all strive for
- Happiness is contagious!

The Beatitudes

What are they?

- Latin for “abundant happiness”
- Joy no matter the circumstances
- Summary of Jesus’ teachings
- A way to perceive the world

What is their purpose?

- Speak to quest of happiness
- Shows God’s unconditional love
- Helps us become disciples
- Provides concrete ways to live out faith

**Blessed are the poor in spirit,
For theirs is the kingdom of
heaven**

Don't obsess about money and achievement or be addicted to stuff. With less of you there is more of God and his rule.

**Blessed are they who mourn,
For they will be comforted.**

Don't be afraid to let your heart feel sad and share in the hurt of others and invite God into your pain

**Blessed are the meek,
For they will inherit the land.**

Don't be too quick to take credit for the things you do well, or let it bother you when others don't recognize your contributions. You're blessed when you're content with just who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought.

**Blessed are they who hunger
and thirst for righteousness,
For they will be satisfied.**

Stay focused on God, until it feels like an unquenchable hunger. Do God's will and be passionate for Him

**Blessed are the merciful,
For they shall be shown mercy.**

When people offend you or hurt you, forgive them right away. Don't hold grudges.

**Blessed are the clean of heart,
For they will see God.**

Keep your heart clean, even if it means not going to popular movies or parties. You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.

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

Go out of your way to help others know God, even when it feels awkward and inconvenient. Help others see the truth that they are part of God's family

**Blessed are those who are
persecuted for righteousness'
sake, for theirs is the kingdom
of heaven.**

If people make fun of you for doing all of these things, smile and be happy because that's a sure sign that things are going well. Be courageous.

**Blessed are you when men
revile you and persecute you
and utter all kinds of evil
against you falsely because of
me.**

Not only that—count yourselves blessed every time people put you down or throw you out or speak lies about you to discredit me. What it means is that the truth is too close for comfort and they are uncomfortable. Know that you are in good company. My prophets and witnesses have always gotten into this kind of trouble.

The background is a light teal color with several abstract, organic shapes in shades of orange and peach. A large orange shape is on the left, a smaller peach shape is in the upper right, and a larger peach shape is at the bottom center.

Virtues

Virtues help live out the Beatitudes

Real happiness is achieved by growing in virtue

Cardinal Virtues

Prudence

Think before you act.
Use reason to figure out the true good in every situation

Justice

Giving to God and to others what they are due. Think about the needs of others - help them & love them

Fortitude

Strength to live morally even in difficult situations. Resist temptations and make sacrifices

Temperance

Self-control to keep one's appetite for pleasure from becoming extreme



Theological Virtues

Faith

believe in God and everything He reveals to us, even when you can't prove it or see it

Charity/Love

love God above all things and love our neighbors as ourselves

Hope

drives our desire for a relationship with God. Offers us consolation in times of need

How to Build Virtues

- It's like strengthening a muscle
- Start small
- Say yes to God's will and no to evil
- Sacraments, Mass, 10 Commandments, Corporal/Spiritual Works of Mercy
- PRACTICE! PRACTICE! PRACTICE!

The benefits outway the sacrifices