

Be-attitudes



gather

We gather ourselves with a minute of silence. We centre ourselves and become aware of our inner emotions and feelings. We stop, we pause, we enter a time of stillness.

This year we have been focusing on the Beatitudes as part of our Goal of Social Awareness. We have been looking at them as the 'Be-attitudes' to help us think about our attitude towards ourselves and the world around us.

Word

(Matthew 5-7)

You're Blessed

5 ¹⁻² When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. Arriving at a quiet place, he sat down and taught his climbing companions. This is what he said:

³ "You're blessed when you're at the end of your rope. With less of you there is more of God and his rule.

⁴ "You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the One most dear to you.

⁵ "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.

⁶ "You're blessed when you've worked up a good appetite for God. He's food and drink in the best meal you'll ever eat.

⁷ "You're blessed when you care. At the moment of being 'care-full,' you find yourselves cared for.

⁸ "You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.

⁹ "You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family.

¹⁰ "You're blessed when your commitment to God provokes persecution. The persecution drives you even deeper into God's kingdom.

¹¹⁻¹² "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. You can be glad when that happens—give a cheer, even!—for though they don't like it, *I* do! And all heaven applauds. And know that you are in good company. My prophets and witnesses have always gotten into this kind of trouble.

The Message (MSG)

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Response

Watch the following reflection on Youtube:

<https://www.youtube.com/watch?v=L4GKOq47UaY&t=3s>

Mission

1. If you were to create your own 'Be – attitudes' in this time, what would they be?
2. Make a list of things you're grateful for amidst this global crisis.

You may want to write these on a post-it note and stick it somewhere in the house to inspire you this week.

St Madeleine Sophie's Feast day falls on Monday 25th May. We ask her to intercede for us and we pray that her inspiration, passion, resilience and spirituality move us to live out the Beatitudes in our daily lives.