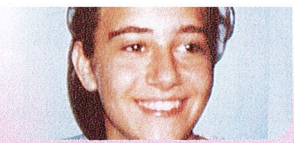


Looking Ahead

In this chapter, the Holy Spirit invites you to ►



EXPLORE the impact of Saint John XXIII's spirit of joy upon the Church.



DISCOVER how following the Beatitudes is living a life of holiness.



DECIDE how you can live the Beatitudes to gain a sense of joy.



Ways of Happiness


? What do you do to bring happiness to others?

While ministering to a great multitude, Jesus taught how to live as one of his disciples. Listen for the attitudes of discipleship:

*“Blessed are the poor in spirit,
for theirs is the kingdom of heaven . . .
Blessed are the merciful,
for they will be shown mercy.
Blessed are the clean of heart,
for they will see God.
Blessed are the peacemakers,
for they will be called children of God. . . .”*

MATTHEW 5:3, 7-9

? According to Jesus' words, who are blessed by God? What do you think people thought when they heard these words?



Disciple Power

Joy

One of the Fruits of the Holy Spirit, joy demonstrates that we live according to the Spirit (see Galatians 5:22-23). Joy results from moral living and believing in the hope of eternal life.

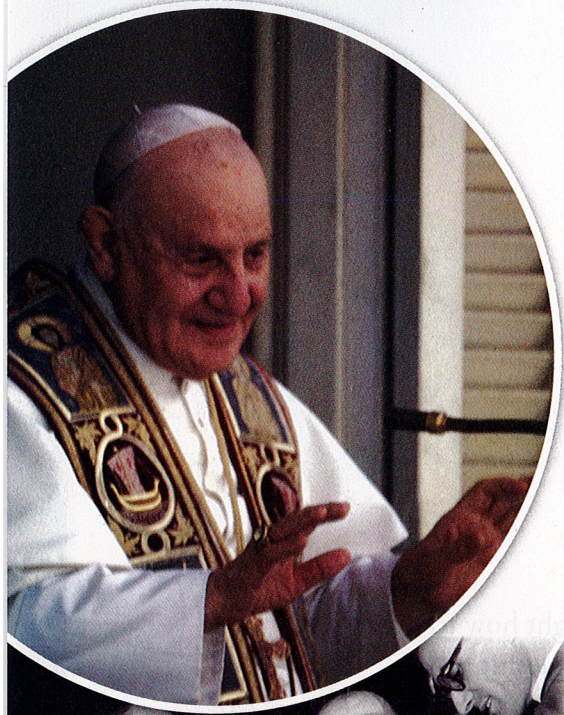
A Spirit of Peace

A great sense of joy and anticipation filled the air as the bishops began the Second Vatican Council in 1962. Blessed Pope John XXIII called this meeting of all the bishops of the Church to renew the Church with the light of Christ. The Council continued until 1965. Despite the unexpected death of Pope John XXIII on June 3, 1963, the Pope's spirit of joy and peace reinvigorated the entire Church.

Not long before his death in 1963, Blessed Pope John XXIII released *Pacem in Terris*, or "Peace on Earth." He wrote this encyclical, not only to Catholics, but to all people of good will to remind the world that all human life, without exception, is sacred. The Pope was very concerned about the many ways human life was being abused.

The encyclical listed the rights of all human beings to life, respect, freedom, and education. It also addressed the need to do away with nuclear weapons. Pope John pointed out that when people are left to be poor, or when governments misuse power and make people less free, God's plan for humanity is abused. We must work to correct these injustices and build the kingdom of peace that Jesus announced. We must love one another as Jesus did, according to the natural rights given to us by God.

The road to peace leads to joy. When, as individuals and groups, we respect the life and dignity of everyone as sacred, we pave a way for justice in the world. The Holy Spirit teaches us Christ's way of justice. The more we listen, accept his help, and act justly, the more we are building a world of peace as Blessed John XXIII taught. Today the Church continues Christ's way of justice with a joy-filled spirit.



Activity

Work with a group. Think of situations from your community or from the news in which people are building a world of peace. Write headlines for their efforts in this space.

Living as Disciples

In his encyclical *Pacem in Terris*, Blessed Pope John XXIII taught that the happiness we all seek is not fully possible here on Earth. Because God created us with spiritual souls as well as physical bodies, life on Earth can never fully satisfy us. God created all of us to be with him forever. While we remain on Earth, our work is to prepare the way for God's Kingdom by our works of love, justice, and peacemaking. Following the **Beatitudes** shows us how to do what God intends.

The Beatitudes summarize the attitudes and actions of a person living a life of holiness. Jesus taught us the Beatitudes in his Sermon on the Mount. His teachings there are a summary of what it means to live as his disciple. When we follow his way, we are promised the gift of eternal life with God in Heaven.

Understanding the Beatitudes

The Beatitudes give us a grace-filled way to seek true and lasting happiness. They reveal the way to Heaven. If we think of each Beatitude as a step on a ladder, we can see our path to God. Jesus teaches us that the first step to eternal happiness is being "poor in spirit." This is the way of the lowly and humble, who recognize their complete dependence on God. This is how we are to live too. They who mourn a loss also will be comforted by God. Those who are meek will inherit the Kingdom of God.

Several of the Beatitudes speak of "righteousness." To be righteous means to stand in a right relationship with God and other people. This word is related to the Kingdom of God. A righteous person is one who is working to fulfill God's will and prepare the way for the kingdom to come in its fullness. The "clean of heart," as well, are those who are single-minded in their pursuit of the will of God. They are undistracted by anything that could separate them from their desire for God. By taking the Beatitudes as our guide, we can be happy here on Earth while we await the promise of eternal life with God the Holy Trinity.

? What new understanding of the Beatitudes did you gain from this page?

FAITH FOCUS

What is the relationship between happiness and living as a disciple of Jesus?

FAITH VOCABULARY

Beatitudes

The teachings of Jesus from his Sermon on the Mount that describe the attitudes and actions of people blessed by God; a word meaning "ways of happiness."

canonization

The process by which the Pope declares that a deceased member of the faithful lived a life of heroic virtue and is to be honored as a Saint.





Faith-Filled People

Blessed Chiara Badano

Chiara was nicknamed "Luce" meaning "light" because of the spirit of joy that beamed from her smile. As a young girl in Italy, she desired to live the Gospel with all her heart, mind, and spirit. Chiara was known for saying that she had nothing but her heart, and with that she could still love. In 1990 at the age of eighteen, Chiara died from bone cancer. Her last words were to her mother: "Be happy, I am happy!"



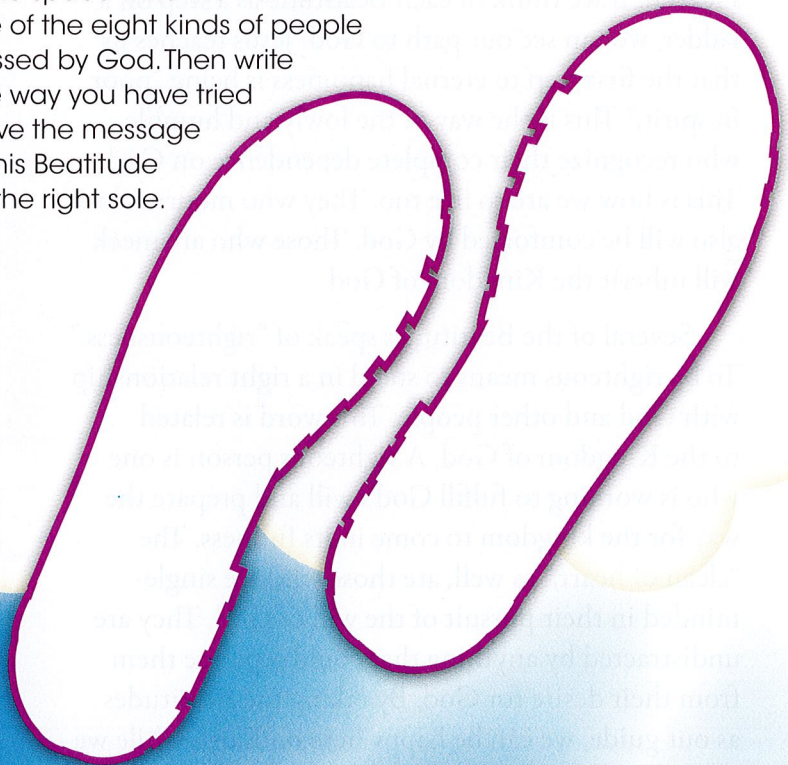
Living the Beatitudes

You can think of the Beatitudes as the way to live the Law of Love. We cannot earn Heaven. That is why Christ won it for us. In Christ, all our actions are made worthy. We live the Law of Love joyfully because we are so grateful for what has been done for us.

In the Footsteps of Christ

As we live the Beatitudes, we are walking in the footsteps of Christ. The way of Jesus is not always an easy one. Jesus does not hide the fact that the way to eternal happiness often involves hardship and sometimes persecution. Living the Beatitudes strengthens and protects us with the knowledge of God's everlasting love. We can experience joy amidst our hardships because we have accepted the words of Jesus that our joy will be forever.

Activity On the sole of the left shoe in the space write the name of one of the eight kinds of people blessed by God. Then write one way you have tried to live the message of this Beatitude on the right sole.



Holy Men and Women

There are many people who have walked the way of Jesus with the joy and love of God in their hearts. As faithful members of the Church, they have lived lives of heroic virtue. Some have even died for their faith in Jesus Christ. The Church refers to this faithful group as part of the Communion of Saints. Some of them are officially recognized in the process called **canonization**.

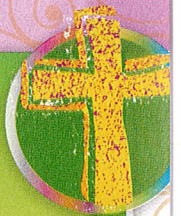
These holy men and women lived the Beatitudes and acted in imitation of Christ. They lived worthy lives because they accepted God in their lives, lived according to his Law and knew that with faith in Christ, all things are possible.

Saint Paul knew well the way of Christ. He believed that all things are possible with God (read Mark 9:23). He instructed the Church in Philippi that the ways of happiness involve the joy and peace of Christ:

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near . . . whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things . . . I have the strength for everything through him who empowers me.

PHILIPPIANS 4:4, 8, 13

Catholics Believe



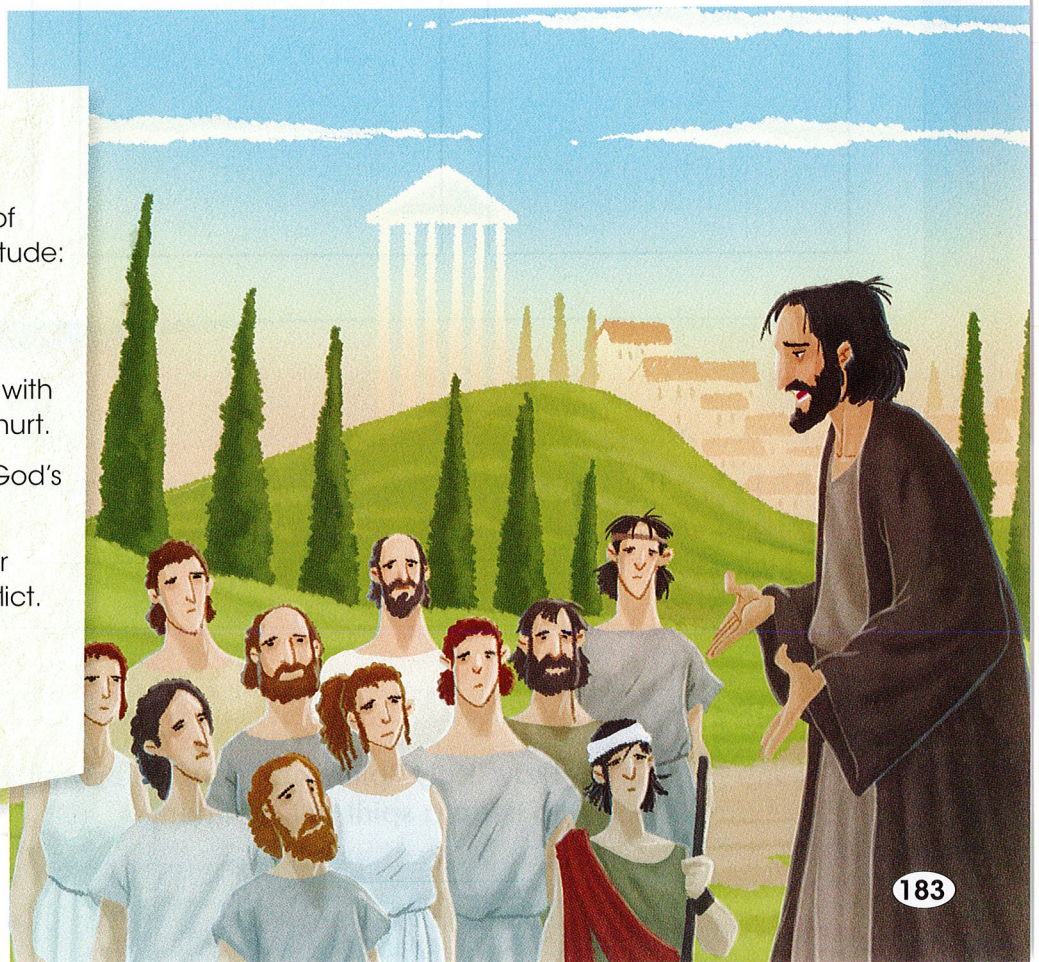
Communion of Saints

The unity in Christ of all the faithful, here on Earth and those in Heaven, includes not just holy men and women but all holy things that bring about unity in faith through acts of charity and participation in the Eucharist. Therefore, we practice the Beatitudes and build up the Communion of Saints here on Earth.

Activity

Use this checklist to evaluate the current state of your attitude. I have an attitude:

- in which I put God first in my life.
- that helps me respond with gentleness when I am hurt.
- that seeks the truth of God's plan for love and life.
- that leads me to call for peace when I see conflict.

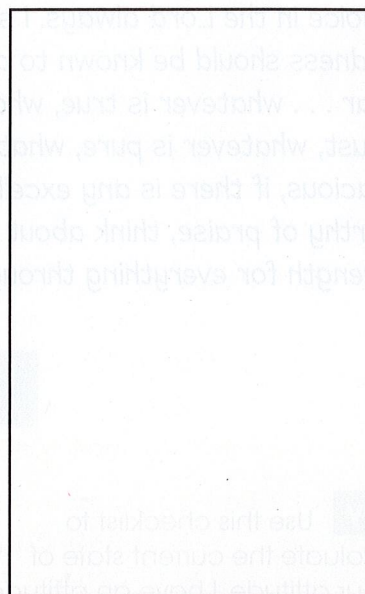
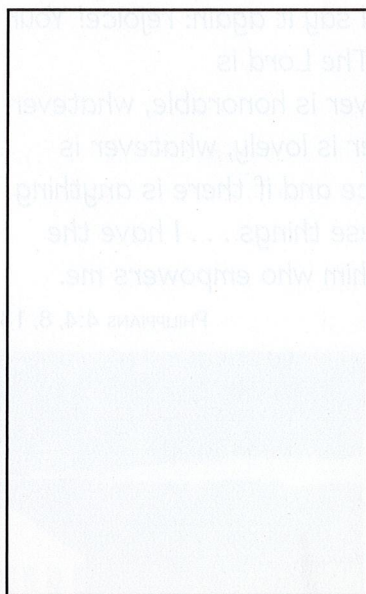
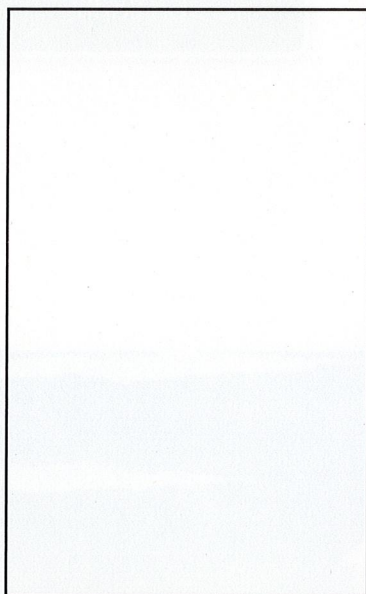


I FOLLOW JESUS

As we live according to the Spirit, the fruit of joy will bring us happiness. In the Beatitudes, Jesus taught that purity of heart and being a peacemaker are essential aspects of the Christian life.

THE JOY OF BRINGING PEACE

Think of a situation to which someone could bring peace. Sketch your idea in the three frames. In the first, show the situation. In the second, show what you could do. In the third, show the outcome.



MY FAITH CHOICE

This week, I will focus on being a peacemaker. I will



Pray, "Holy Spirit, may your love dwell in my heart. Help me to keep a spirit of joy. Amen."

Chapter Review

Complete each sentence based on the eight Beatitudes found in Matthew 5:3-12.

1. Blessed are the _____, for theirs is the kingdom of heaven.
2. Blessed are the _____, for they will be shown mercy.
3. Blessed are the _____, for they will see God.
4. Blessed are the _____, for they will be called children of God.

▶ TO HELP YOU REMEMBER

1. The Beatitudes are teachings of Jesus from his Sermon on the Mount that describe the attitudes and actions of people blessed by God.
2. Living the Beatitudes is the way to follow the Law of Love.
3. The spirit of joy comes from the love of God being the treasure kept in our hearts.

Praise the Lord, My Soul

The Book of Psalms is filled with different kinds of psalms. One type is a psalm of praise. Use the following prayer to praise God for the spirit of joy in your heart.

All: Praise the LORD, my soul;
I shall praise the LORD all my life,
sing praise to my God while I live.

Reader: Happy those whose help is Jacob's God,
whose hope is in the LORD, their God.

All: Praise the LORD, my soul;
I shall praise the LORD all my life,
sing praise to my God while I live.

Reader: The LORD shall reign forever,
your God, Zion, through all generations!
Hallelujah!

All: Praise the LORD, my soul;
I shall praise the LORD all my life,
sing praise to my God while I live.
Amen.

Psalm 146:2, 5, 10

With My Family

This Week ...

In Chapter 20, "Ways of Happiness," your child learned:

- ▶ The Beatitudes are teachings of Jesus from his Sermon on the Mount that describe the attitudes and actions of people blessed by God.
- ▶ Living the Beatitudes is the way to follow the Law of Love. Canonized Saints are models of people who faithfully lived the Beatitudes.
- ▶ Pope John XXIII is one example of this. He was a great proponent of creating a just society so that peace can reign in the world.
- ▶ The spirit of joy comes from our knowledge of the love of God, the treasure kept in our hearts.

For more about related teachings of the Church, see the *Catechism of the Catholic Church*, 1716–1729, 1812–1819, 1830–1845, 1965–2029, and the *United States Catechism for Adults*, pages 307–311, 318.

Sharing God's Word

There are two Gospel accounts of the Beatitudes. The Sermon on the Mount version is found in Matthew 5:3–12. The Sermon on the Plains version is found in Luke 6:20–26. Spend time breaking open the Word of God to let the light of the Gospel shine in your heart so your actions may be worthy of Christian living.

We Live as Disciples

The Christian home and family is a school of discipleship. Choose one of the following activities to do as a family, or design a similar activity of your own:

- ▶ On occasion during family prayers, instead of reciting a traditional prayer, read the Beatitudes from the Sermon on the Mount.

- ▶ When there is conflict in the home, take time to pause to reflect on the attitude in your heart. Then act, seeing yourself and the other as children of God.
- ▶ Randomly celebrate a "Beatitude Day" by marking the calendar as such. This celebration is choosing joy no matter what is happening throughout the day and letting the actions of the Beatitudes guide your choices. At the end of the day, discuss your experiences as a family.

Our Spiritual Journey

Consider enacting the Works of Mercy as the way to act out the Beatitudes. Let the loving attitude in your heart guide you in offering to others God's merciful love. For example, when you comfort people who suffer, do not attempt to rush them through their sadness. Simply stand with them and let them know you share their sorrow.



For more ideas on ways that your family can live as disciples of Jesus, visit

www.BeMyDisciples.com

Unit 5 Review

Name _____

A. Choose the Best Word

Fill in the blanks to complete each sentence of the paragraph. Use the words from the word bank.

Cardinal	conscience	holiness
moral	mortal	venial

God gives each person the grace to make prudent decisions and to live a life of _____. Making decisions to live according to God's will is called living a _____ life. By developing and practicing the four _____ Virtues, we develop good habits and grow in holiness. Our _____ guides us in judging whether an act is right or wrong. When we deliberately choose to do or say something that we know is against God's Law, we sin. _____ sins are grave or serious sins that break our relationship with God.

B. Show What You Know

Read each question and circle the best answer.

- Which of these virtues is one of the Theological Virtues?
 - wisdom
 - prudence
 - faith
 - courage
- Which of these describe the morality of an act?
 - object, intention, circumstances
 - intention, reason, effect
 - object, intention, purpose
 - object, circumstances, effect
- Which one of the following is not the result of an informed conscience?
 - Judging what is right and wrong
 - Choosing to do what is against God's Law
 - Living as a follower of Jesus Christ
 - Making good moral decisions

C. Connect with Scripture

Reread the Scripture passage on page 153.
What connection do you see between this passage
and what you learned in this unit?

D. Be a Disciple

1. Review the four pages in this unit titled *The Church Follows Jesus*. What person or ministry of the Church on these pages will inspire you to be a better disciple of Jesus? Explain your answer.

2. Work with a group. Review the four Disciple Power virtues, or gifts, you have learned about in this unit. After jotting down your own ideas, share with the group practical ways that you will live these virtues day by day.
