THE EIGHT BEATITUDES OF JESUS

The Beatitudes are the teachings of Jesus in the Sermon on the Mount (Matthew 5:1-10). Jesus teaches us that if we live according to the Beatitudes, we will live a happy Christian life. The Beatitudes fulfill God’s promises made to Abraham and his descendants and describe the rewards in the here and now that will be ours as loyal followers of Christ.

The Ten Commandments, given to Moses on Mt Sinai in the book of Exodus related a series of "Thou Shalt Not" phrases, evils one must avoid in daily life on earth. In contrast, the message of Jesus is one of humility, charity, and brotherly love. Jesus presents the Beatitudes in a positive sense, virtues in life which will ultimately lead to Heavenly reward. While the Beatitudes provide a way of life that promises salvation, they also provide peace in the midst of our trials and tribulations on this earth.

The Beatitudes reveal a world of grace and abundance and we hope and pray that as you walk through MRCC’s Beatitudes Walk you will be filled with God’s hope and peace.

“BLESSSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF HEAVEN”

“Poor in Spirit” means to be humble. To have poverty of spirit means to be completely empty and open to the Word of God. Humility brings an openness and an inner peace, allowing one to do the will of God. We who humble ourselves are able to accept our frail nature, to repent, and to allow the grace of God to lead us to conversion.

"God, teach me to be more humble in my life."

“BLESSSED ARE THEY WHO MOURN, FOR THEY SHALL BE COMFORTED”

If we are humble and appreciate that all of our gifts and blessings come from God, we grow in love and gratitude for Jesus Christ our Savior. This can produce mourning and regret over our own sins and the sins of this world, for we have hurt the one who has been so good to us. One also mourns for the suffering of others.

"God help me be present to those people in my life who are grieving."

“BLESSSED ARE THE MEEK, FOR THEY SHALL INHERIT THE EARTH”

A humble person becomes meek, or becomes gentle and kind, and exhibits a docility of spirit, even in the face of adversity and hardship. A person that is meek is one that exhibits self-control. St Augustine advises us to be meek in the face of the Lord, and not resist but be obedient to him. Obedience and submission to the will of God will bring one peace in this world and the next.

God, help me to be gentle and kind today even if I am faced with adversity."

“BLESSSED ARE THEY WHO HUNGER AND THIRST FOR RIGHTEOUSNESS, FOR THEY SHALL BE SATISFIED”

Justice and righteousness in the New Covenant indicate the fulfillment of God’s will in your heart and soul. It is not mere observance of the Law (Matthew 5:20), but rather an expression of brotherly love (1 John 3:10) where all are treated equally. A continuous desire for justice and moral perfection will lead one to a fulfillment of that desire—a transition and conversion to holiness.

“God, how do you want me to create a more just world?”

“BLESSSED ARE THE MERCIFUL, FOR THEY SHALL OBTAIN MERCY”

Mercy is the loving disposition towards those who suffer distress. Love, compassion, and forgiveness towards one’s neighbor will bring peace in your relationships. We say in the Lord’s Pray: "Forgive us our trespasses, as we forgive those who trespass against us". As we are merciful to others, so our Heavenly Father will be merciful with us! Jesus reminds us that, “whatever you did to the least of my brethren, you did it to me.” Saint Paul calls for the “obedience of faith” in the beginning and the end of his letter to the Romans: He admonishes us to feed the hungry, clothe the naked, shelter the homeless, comfort the imprisoned, visit the sick, comfort the sorrowful, forgive offenses and pray for the living and the dead.

“God, help me to be a person of mercy, compassion and forgiveness.”
“BLESSDED ARE THE PURE OF HEART, FOR THEY SHALL SEE GOD.”

To be pure of heart means to be free of all selfish intentions and self-seeking desires. What a beautiful goal! How many times have any of us performed an act perfectly free of any personal gain? Such an act is pure love. An act of pure and selfless giving brings happiness to all.

“God, give me a heart that is simply, singly and wholeheartedly focused on you & your kingdom.”

“BLESSDED ARE THE PEACEMAKERS, FOR THEY SHALL BE CALLED CHILDREN OF GOD.”

Jesus said, “Peace I leave with you, My peace I give you”. Peace is also a fruit of the Spirit. Peacemakers not only live peaceful lives but also try to bring peace and friendship to others, and to preserve peace between God and men and women. But one cannot give another what one does not possess oneself. Praying for peace will help change your heart. The Lord wants you first to be filled with the blessings of peace and then to pass it on to those who have need of it. By imitating God’s love of humans, the peacemakers become children of God.

“God, make me an instrument of your peace.”

THE BEATITUDE WALK

This lovely and prayerful feature is an Eagle Scout Service Project, designed, built and installed by Sam Gloriod (center) and fellow Scouts of Scout Troop #597, chartered to Ascension Catholic Church in Chesterfield, Missouri.

Jesus said many times that those who follow him will be persecuted - “If they persecute me, they will persecute you”. Before his conversion, Saul persecuted the early Church in Jerusalem, which scattered the Christians throughout the regions of Judea and Samaria. St. Peter advised, “Whoever is made to suffer as a Christian should not be ashamed but glorify God because of the name”. The Lord promised that those who suffer for his sake will be rewarded with the Kingdom of Heaven.

“God, please be with all those who are persecuted unjustly.”

God, please be with all those who are persecuted unjustly.

THE MARIANIST RETREAT CENTER

The Marianist Retreat Center
4000 Highway 109, Eureka, MO 63025

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of Heaven.

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

Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of Heaven.