

January Supplemental Learning

Living The Beatitudes

The Beatitudes are the high standards God wants us to aspire to in our daily lives. Jesus gave us eight Beatitudes; each one with its own special blessing. These beatitudes were part of the disciples' first lessons and they are important for us to learn and live to be happy!

During the month of January, focus on how you can work on living each of the Beatitudes and how you can follow them each day. By working on each of these beatitudes, God will give you blessings along the way. Learning to live the Beatitudes takes time, but focusing on them is a huge start in making change happen. Share your experiences with your family. Are they living the Beatitudes, too?

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Be happy and put God first, trust in Him and ask for his help.

Blessed are they who mourn, for they will be comforted. Be happy even when we've lost something, big or small, because God will comfort you.

Blessed are the meek, for they will inherit the earth. Be happy, patient when you are angry, and think about others before yourself. Ask God to give you strength.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Be happy and try hard to be good and do good and to be fair and just. Stand up for what you know is right.

Blessed are the merciful, for they will be shown mercy. Be happy, loving and kind to others, even those you may not like.

Blessed are the clean of heart, for they will see God. Be happy and keep your mind, thoughts and decisions pure so that you can understand God more.

Blessed are the peacemakers, for they will be called children of God. Be happy and bring peace wherever you go. Be a child of God and strive to be more like Him.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Be happy as you stand up for your faith even when others don't understand. God knows doing the right thing isn't easy, but the kingdom of Heaven is there for you!