

Meditation


The Beatitudes

Friday Growth Formation
13 November 2020
Fr. Andrew Wong



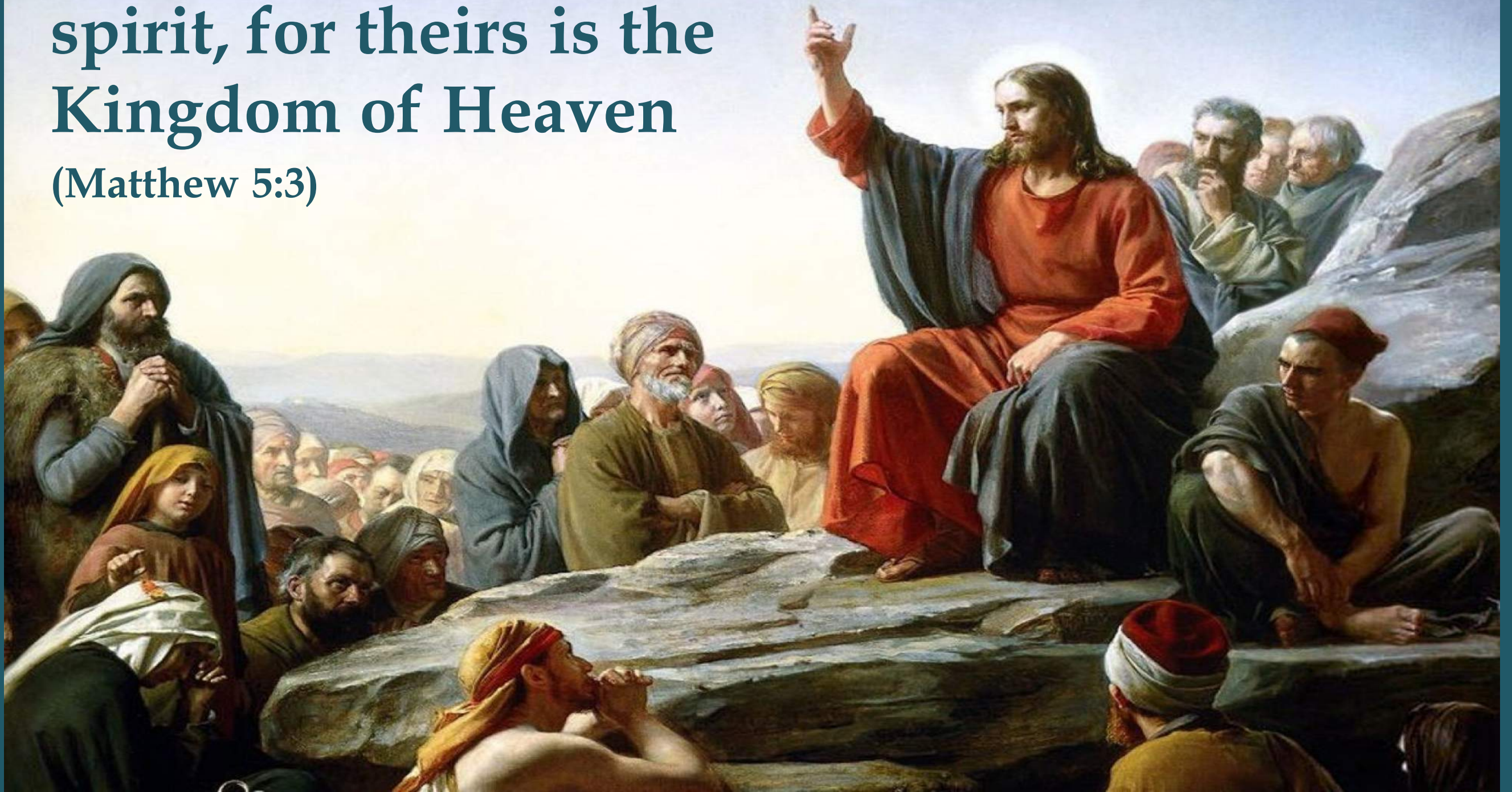
CATHOLIC SPIRITUALITY CENTRE
Encountering God • Healing Hearts • Empowering Lives

The Sermon On The Mount



- ◆ The Beatitudes are a collection of eight characteristics (*qualities of life*) that separate children of God from the rest of the world (Matt 5:3-12)
- ◆ These eight beatitudes describe the blessed state of those who humbly submit themselves to the will of God.
- ◆ These are not eight different groups of people (poor, mourners, meek, etc.), but every Christian is meant to manifest every one of these characteristics.

**Blessed are the poor in
spirit, for theirs is the
Kingdom of Heaven**
(Matthew 5:3)



Merciful Father, enable us to accept that we are spiritually bankrupt without you. Deep in our hearts, we refuse to believe that “apart from you, we can do nothing.” Forgive us and free us from self-sufficiency. Allow us to embrace our neediness as both normal and necessary as citizens in the Kingdom of God.

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven (Matthew 5:3)

We rejoice that you have not left us to ourselves in our poverty, but you have made us rich in Christ. Engender in us true humility, genuine repentance, bold brokenness, and ruthless dependence so that your Kingdom comes through us to earth as it is in heaven. May we grow to embody that “the way up is the way down” in all dimensions of life.

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven (Matthew 5:3)

Foster in us, as both individuals and as a community, the constant and authentic cry, “God have mercy on me a sinner.”

We pray this humbly in the name of Jesus Christ, who though rich in glory became poor for our sakes so that in him alone we might become rich in mercy and grace. Amen.

Blessed are the poor in spirit, for theirs is the Kingdom of Heaven (Matthew 5:3)

**Blessed are those who
mourn, for they will be
comforted** (Matthew 5:4)



Gracious Comforter, we praise you for the truth of words of the psalmist, "You have kept count of my tossings and put my tears in your bottle." You treasure the tears of your people and receive them with tender joy. Thank you. Would you teach us to weep for all that breaks your heart - whether it takes up residence inside of us or around us in our world?

Blessed are those who mourn, for they will be comforted (Matthew 5:4)

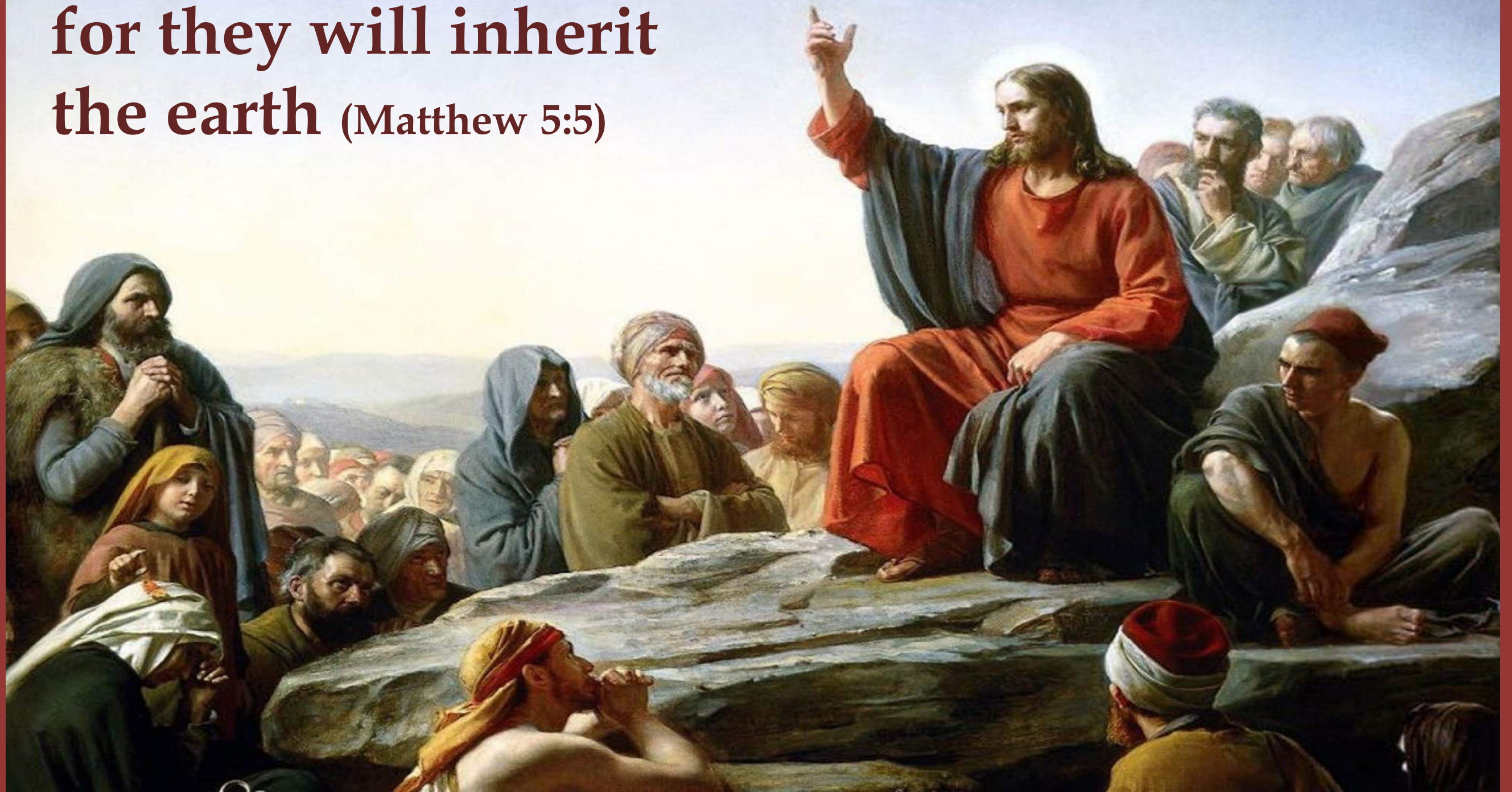
Bring to us godly sorrow as we encounter injustice, hatred, racism, relativism, secularism, and many other modes of being that love what you hate and hate what you love. Keep us from stoicism in the face of pain by softening our hearts in such a way that we refuse to pretend or deny the brokenness of life in a fallen world.

Blessed are those who mourn, for they will be comforted (Matthew 5:4)

Protect us from cynicism in the midst of our pain by comforting us with the hope of the good news of Jesus. Encourage us with the truth that weeping may last for the night but joy comes in the morning, so that we do not grow weary or give up. Until that day when you wipe away every tear from the eyes and hearts of your beloved, in Jesus' name, Amen.

Blessed are those who mourn, for they will be comforted (Matthew 5:4)

**Blessed are the meek,
for they will inherit
the earth (Matthew 5:5)**



Humble King, we confess to you that we don't admire meekness. In fact, we want no part in it. Meekness means that we must be quietly dependent upon you; it means that we are in a place of neediness, humility, and waiting.




Blessed are the meek, for they will inherit the earth (Matthew 5:5)

It means that we would have to use what little strength we have for the sake of others. To us, meekness feels like a spiritual word for losing. But we are in awe of your son Jesus, the one who came in gentleness and humility.



Blessed are the meek, for they will inherit the earth (Matthew 5:5)

The one who came riding on a donkey, instead of parading on a warhorse. The one who ate and drank with sinners rather than jockeying for position with the religious. The one who did not consider equality with God something to be grasped, but instead made himself nothing.

Four small brown and white sparrows are perched on four separate wooden posts. The posts are arranged in a horizontal line across the bottom half of the image. The background is a soft, out-of-focus landscape with a light sky and a dark ground.

Blessed are the meek, for they will inherit the earth (Matthew 5:5)

Forgive us for thinking of ourselves more highly than we ought. Give us the faith to live simple, humble lives of self-awareness, which leads to love and service of others.



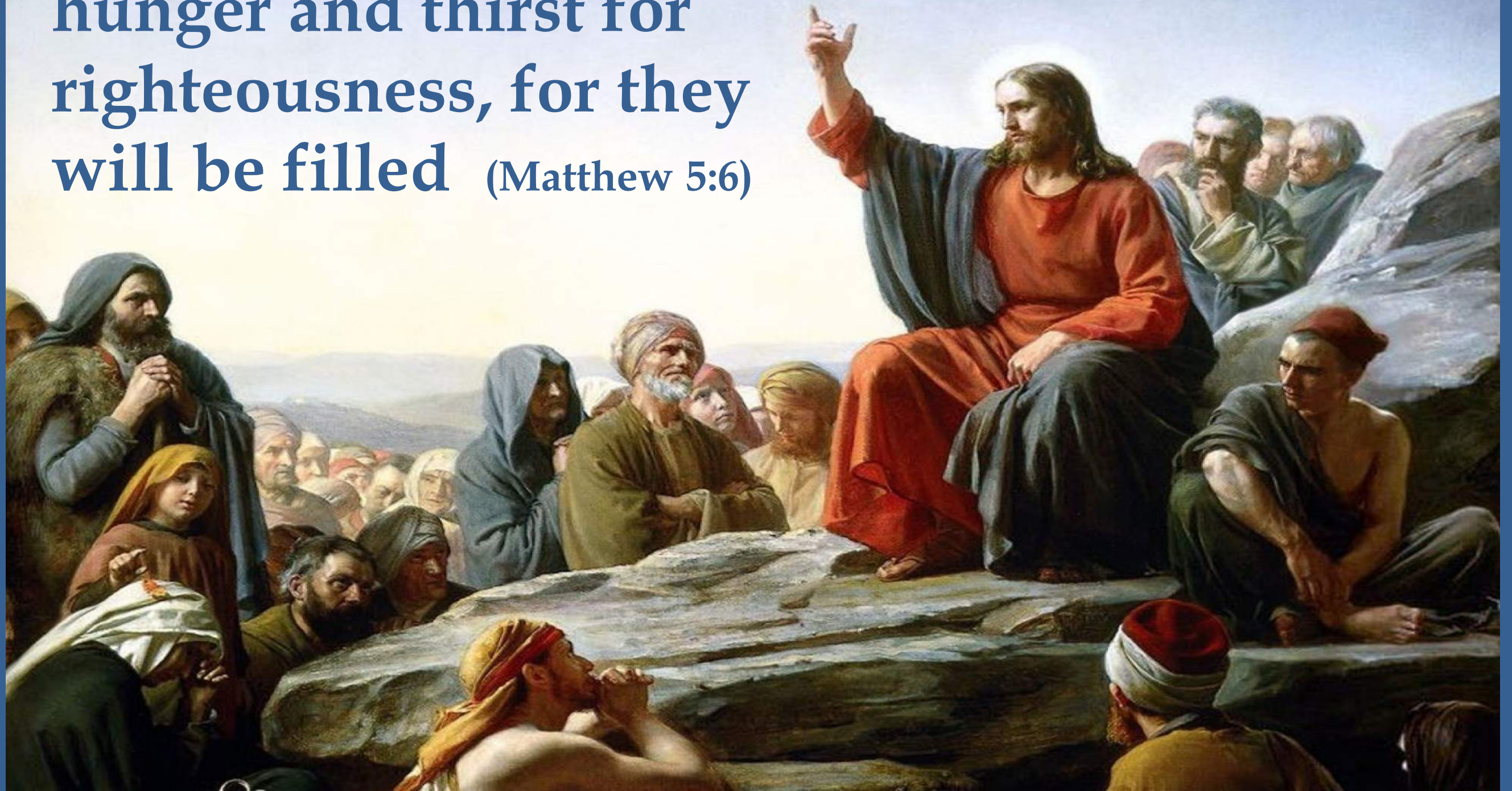
Blessed are the meek, for they will inherit the earth (Matthew 5:5)

Because of your kindness, let the world see in us, what we see so clearly in you: profound humility and strength for the sake of those who are most needy. In the name of Jesus we pray, Amen.



Blessed are the meek, for they will inherit the earth (Matthew 5:5)

**Blessed are those who
hunger and thirst for
righteousness, for they
will be filled** (Matthew 5:6)



Jesus, our Bread from Heaven and our Living Water, we ask that you would so satisfy our hunger that we stop looking to idols to feed us. Please don't numb our hunger, for you gave us food and water so that we would daily understand how needy we are.

Blessed are those who hunger and thirst for righteousness, for they will be filled

(Matthew 5:6)

Instead, cause us to be ravenous for you. Let nothing in this world slake our thirst but your presence. We confess that we hunger for the gifts of this world, instead of the giver. And yet you sent your son to feed us, to give us life even as we wander in the desert. Cause your people to crave the righteousness that can only be found in Jesus.

Blessed are those who hunger and thirst for righteousness, for they will be filled

(Matthew 5:6)

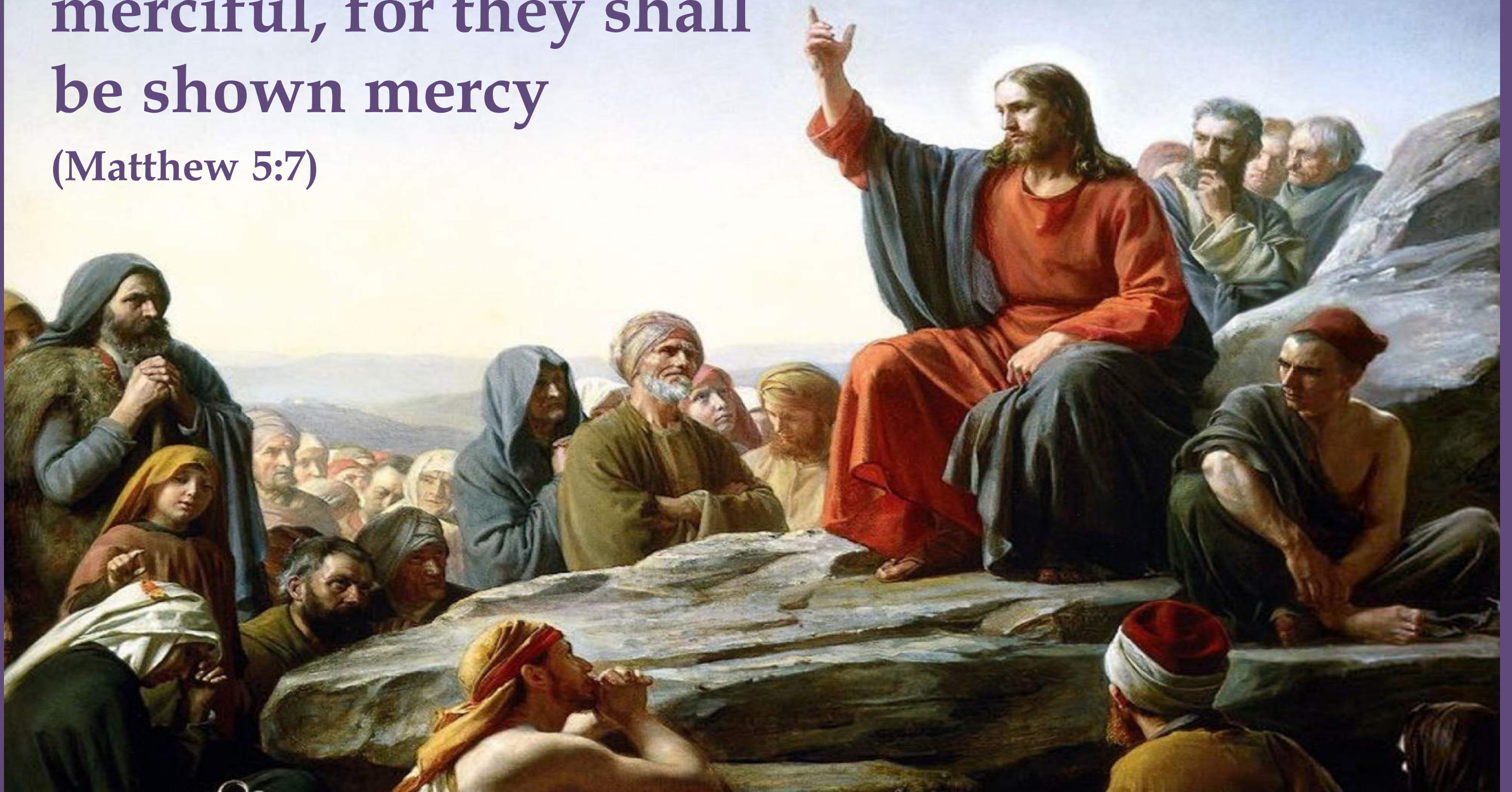
**Stir in us a desire to know and love you,
to make the things of this world strangely
dim in the light of your glory and grace.
In Jesus' name we pray, Amen.**

Blessed are those who hunger and thirst for righteousness, for they will be filled

(Matthew 5:6)

**Blessed are the
merciful, for they shall
be shown mercy**

(Matthew 5:7)



Father of mercies, we praise you for your compassion. Amid your endless strength and your matchless holiness, you reach your arms toward unworthy people in love and grace. When you see weakness, desperation, and sinfulness, your heart is moved toward us.

Blessed are the merciful, for they shall be shown mercy (Matthew 5:7)

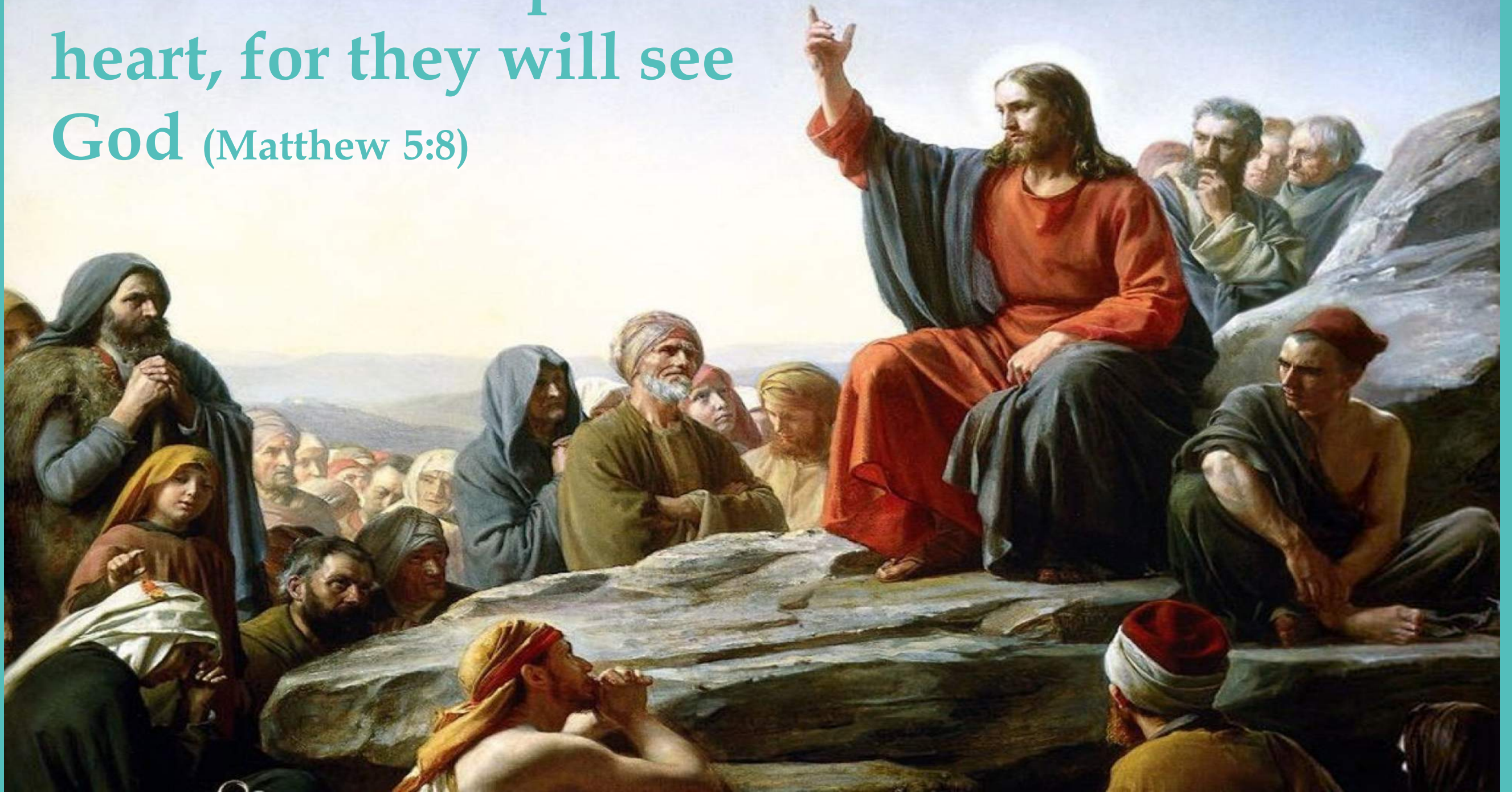
We rest in the fact that you are merciful and gracious, slow to anger, and abounding in steadfast love. And yet, even as you show us mercy, we move away from others with entitled, superior, self-righteous attitudes. We confess our hearts are prone to revel in the mercy we receive and yet distribute judgment for those who wrong us. Lord, have mercy on us, who are sinners.


Blessed are the merciful, for they shall be shown mercy (Matthew 5:7)

Grant us an unwavering commitment to pour out mercy on those to whom you have called us. Cause our loved ones, our co-workers, and the unbelieving world to know the grace of our King because of their interactions with us. O Lord, if you kept a record of sin, who could stand? Bolster our love for the one that showed us mercy, and fuel our mercy for others. In the name of our atoning sacrifice, Jesus, Amen.

Blessed are the merciful, for they shall be shown mercy (Matthew 5:7)

Blessed are the pure in
heart, for they will see
God (Matthew 5:8)



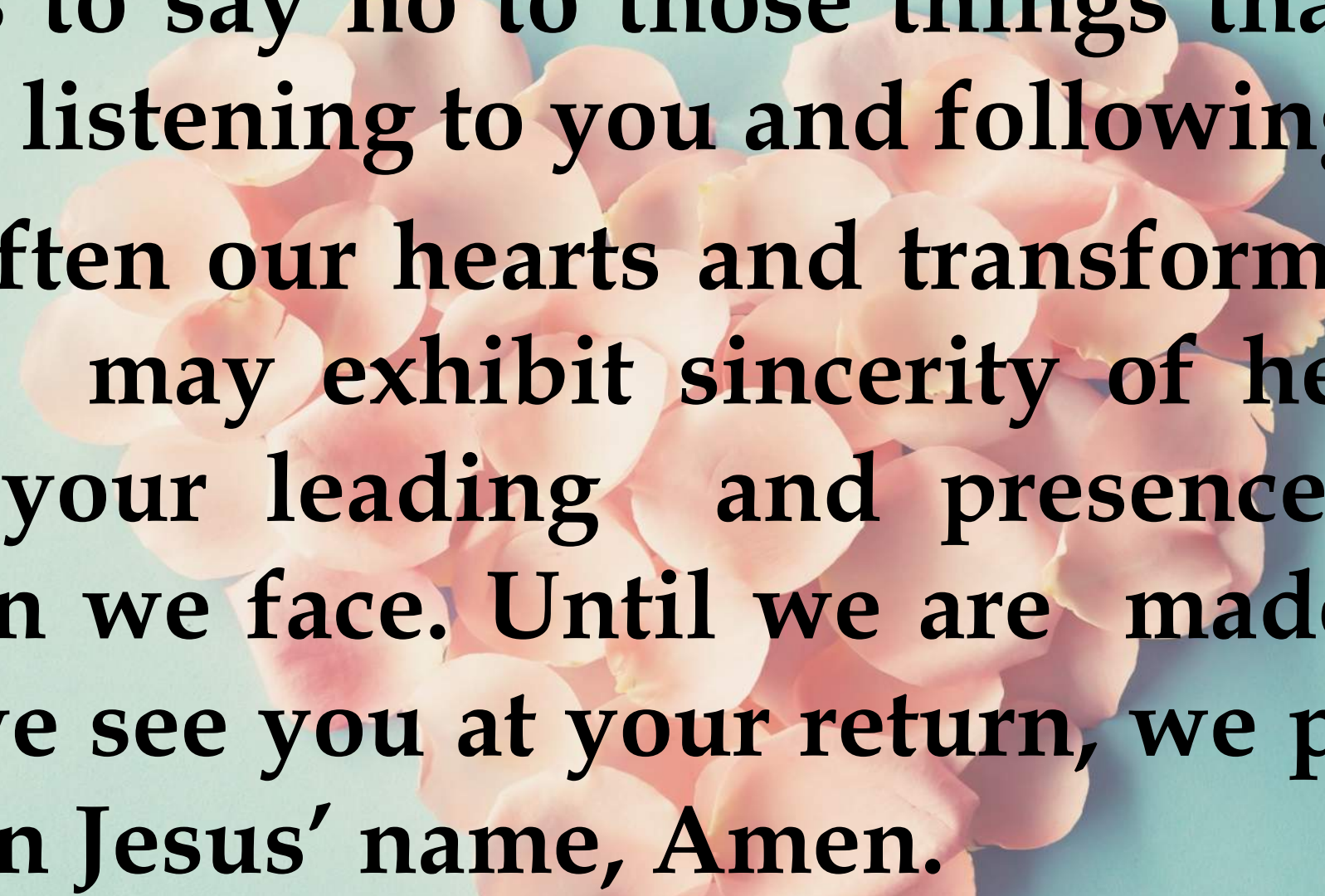


Holy God, set our hearts and minds on things above. Our hearts are so cluttered with misplaced affections for earthly things. Our minds are so contaminated with lustful, greedy, angry, lazy, competitive, and prideful thoughts and ambitions.

Blessed are the pure in heart, for they will see God (Matthew 5:8)

Forgive us for the impurity of our hearts through Jesus, who has graciously given to his beloved his perfect record of purity through his life, death, and resurrection. We praise you that we have the hope that our faith will become sight when we see our Holy God in the very face of Christ. May the sight of that coming glorious day shape our sight in these turbulent days so that we live fixing our eyes not on what is seen, but on what is unseen.

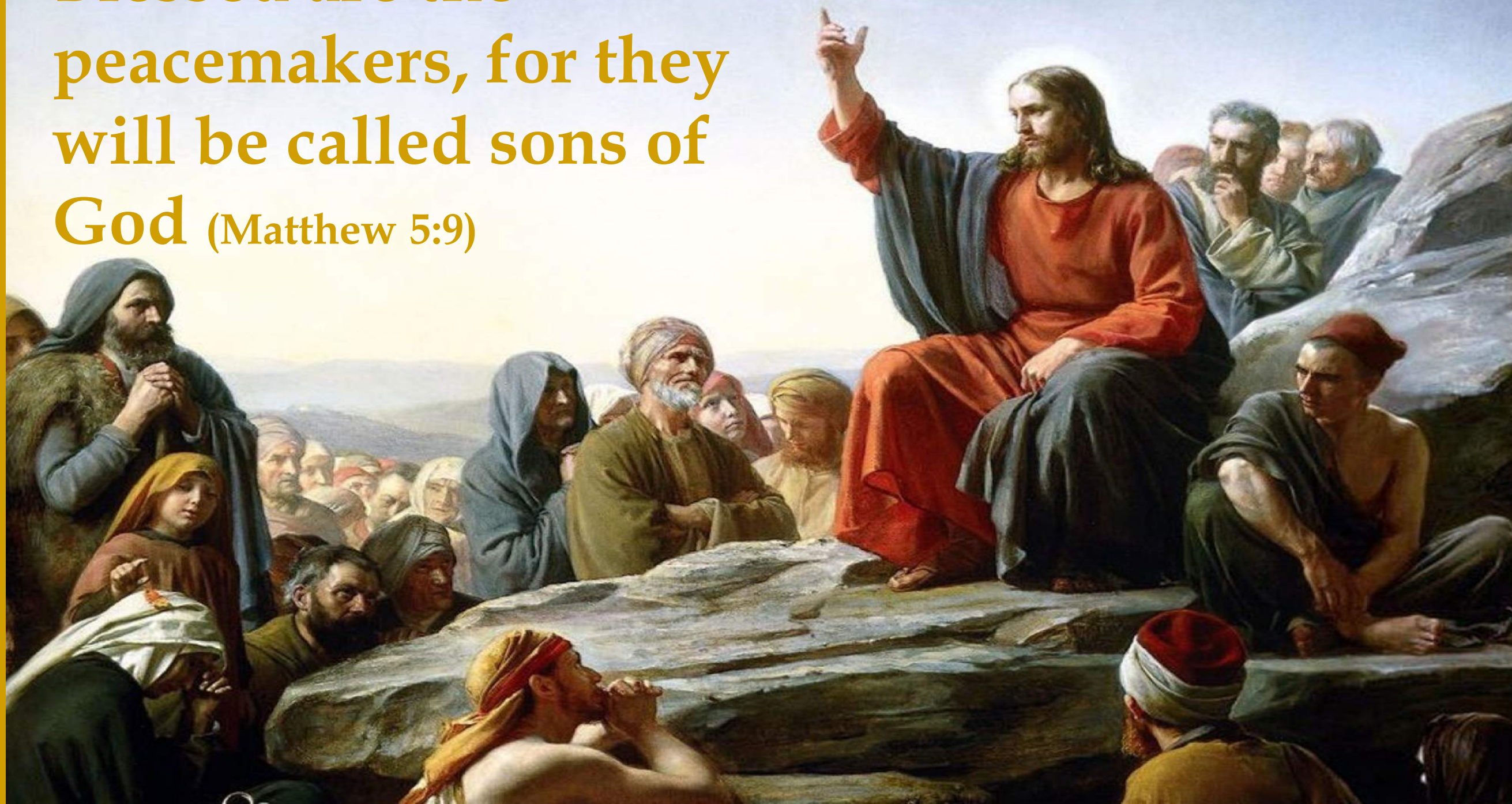
Blessed are the pure in heart, for they will see God (Matthew 5:8)



Lead us to say no to those things that distract us from listening to you and following you. Soften our hearts and transform our wills that we may exhibit sincerity of heart as we follow your leading and presence in every situation we face. Until we are made like you when we see you at your return, we pray these things in Jesus' name, Amen.

Blessed are the pure in heart, for they will see God (Matthew 5:8)

**Blessed are the
peacemakers, for they
will be called sons of
God (Matthew 5:9)**



Forgiving Father, we praise you that we are reconciled to you by the death and resurrection of Jesus Christ. Because of your gracious work of reconciliation in our lives, may we respond to conflict in a way that is noticeably different from how the world responds.

Blessed are the peacemakers, for they will be called sons of God (Matthew 5:9)

Empower us to believe that conflict is not an accident but instead provides an opportunity to glorify God, serve others, and deepen in repentance. Please keep us from focusing on our own goals or fixating on the behavior of others, but instead may we first remove the log from our own eye.

Blessed are the peacemakers, for they will be called sons of God (Matthew 5:9)

Soften our hearts so that we do not resist correction but instead receive rebuke because of our trust in your mercy that leads us to boldly and humbly confess our sins to you and others. When conflict with a Christian brother or sister cannot be resolved in private, lead us to ask others in God's family to help us to settle the manner in a biblical and redemptive manner.

Blessed are the peacemakers, for they will be called sons of God (Matthew 5:9)

Deliver us from living a 'false peace' by avoiding conflict or appeasing others because of fear. Fill us with love and humility, wisdom and gentleness as we step out in faith to live as peacemakers. In the name of Christ, our peace, we pray, Amen.

Blessed are the peacemakers, for they will be called sons of God (Matthew 5:9)

**Blessed are those who
are persecuted because
of righteousness, for
theirs is the kingdom of
heaven (Matthew 5:10)**



Suffering Servant, you told us that “if the world hates you, keep in mind that it hated me first.” Please protect us from surprise when we suffer for our faith.

**Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven (Matthew 5:10)**



May the truth of our union with Christ be so real to us that we expect to share both in your sufferings and glory, both in your cross and resurrection. We thank you that in the Upper Room as you spoke of the reality of the world's hate, you also assured us of the presence of the Holy Spirit.

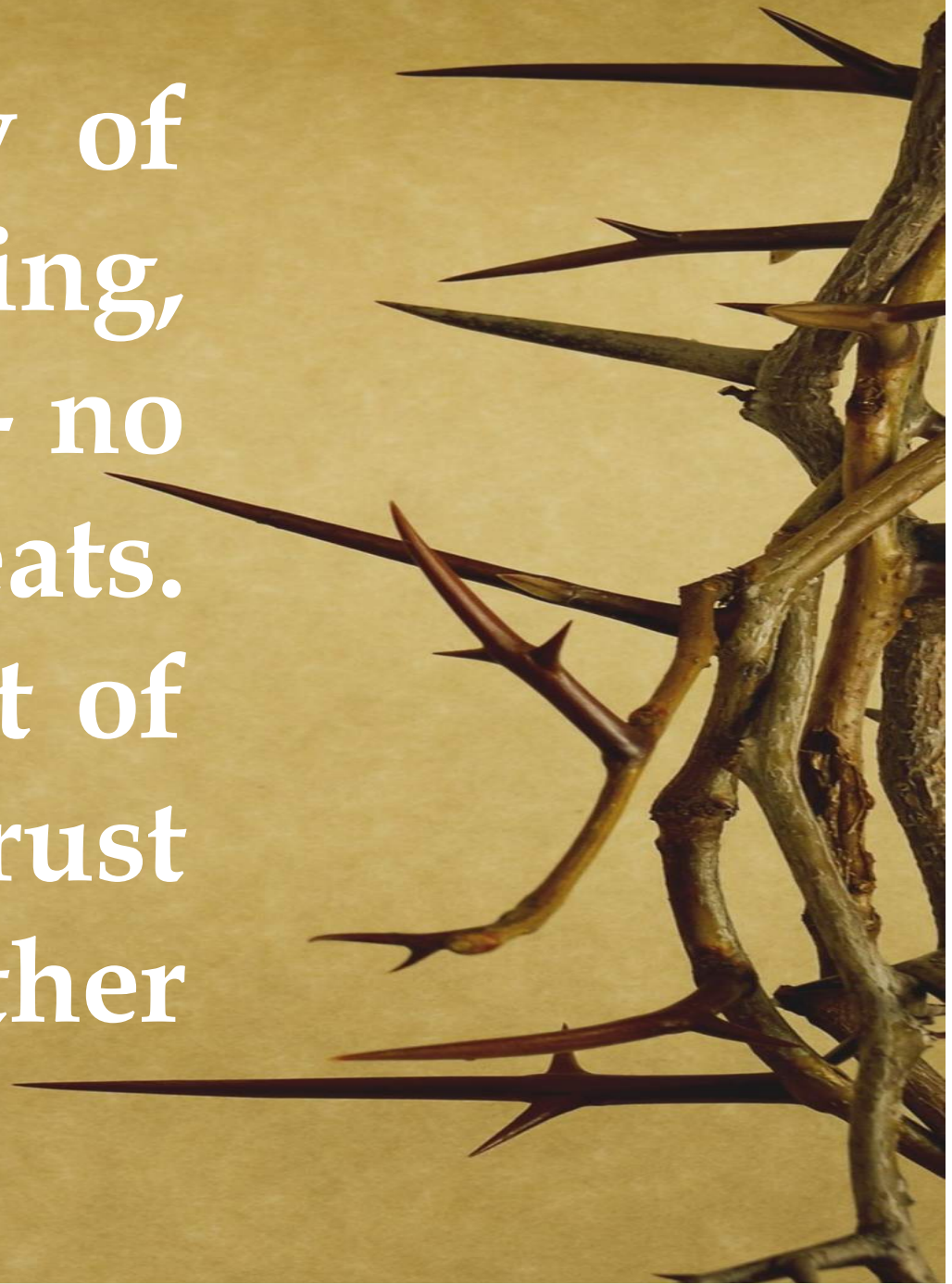
**Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven (Matthew 5:10)**

We pray that all Christians currently persecuted around the world would know the peace, comfort, and power of the Holy Spirit in the midst of their trial and pain. Open the eyes of captors and tormentors and give them the liberty and joy of Jesus.

**Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven (Matthew 5:10)**

As we who follow the way of Jesus encounter unjust suffering, may we go the way of Jesus – no deceit, no retaliation, no threats. Give us faith in our moment of trial, so that like Jesus we entrust ourselves to our Holy Father who judges justly.

**Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven (Matthew 5:10)**



We ask these things in confidence
and faith until that day when
every knee will bow before our
King and all your foes are
vanquished. In the name of the
Father, Son, and Holy Spirit,
Amen.

**Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven (Matthew 5:10)**



Benediction & Blessing