



JANUARY 29, 2017 Fourth Sunday in Ordinary Time Lectionary: 70 Gospel MT 5:1-12A

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. 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. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

Spiritual Reflection: When a person is cooking, sometimes the most important part of the recipe is what the recipe tells you to leave out. In today's Gospel Jesus gives us His recipe for a happy life. He tells us to add in the virtue of being poor in spirit otherwise known as detachment and to leave out the pursuit of wealth for the sake of being wealthy and so on. Each Beatitude therefore is not only an encouragement to live in a certain way but also an admonishment to leave certain things out of our lives.

Spiritual Questions

1. Why should we care what Jesus has to say about finding happiness?
2. What are the things that Jesus wants us to put into our lives?
3. What are the things that He wants us to keep out of our lives?
4. What happens if we add the things into the recipe that we should keep out?
5. Does God really want you to be happy?