



Family Faith at Home 2022-2023

Hope on the Mountain

Week of January 29, 2023: Fourth Sunday in Ordinary Time

Gospel: Matthew 5:1-12

"Celebrating Sundays for Catholic Families" for January 29, 2023

Step 1: Pray

Read Gather around your family prayer space.

All pray the Sign of the Cross

Lord our God, just as the rain comes down to water the earth and make it fruitful, so you send forth your word to do your will in the world. May this wisdom from heaven take root in our hearts and bear fruit in holy words and loving deeds. Through Christ our Lord, Amen.

Using the Bible, invite a family member to read the Gospel aloud.



Step 2: Discuss

- When Jesus uses the word *Blessed* it means "happy." Define true happiness.
- Describe the qualities of a perfect person. How do they act?
- Who in your life is a great example of one of the Beatitudes?
- Are we dependent on God for everything we need? How?
- Which Beatitude do you think is the hardest to live?

Step 4: End in Prayer

Dear Lord,

Make me poor in spirit, so I can receive the kingdom of heaven. When I mourn, help me find comfort.

Make me meek, so that I may inherit the land. Help me to hunger and thirst for righteousness, so I may be satisfied. Make me merciful, so I may obtain your mercy. Make me pure of heart, so I may see you.

Help me to make peace, so I may be called your child. When I am persecuted for righteousness' sake, show me your kingdom. Amen.

Name anyone who needs prayer, reply, "Lord, hear our prayers."

Step 3: Act: an Attitude of being like Jesus

Give each family member a slip of paper with one of the following:

- Today I will look to show mercy or comfort to....
- Today I will be humble about...
- Today I will try to make peace with...
- Today I will do this to help the poor...
- Today when someone calls me a name or treats me badly I will...

After completing, fold and write name on outside, put them in a jar. Ask each person to share how it went!

Scripture Insights

This same Gospel is proclaimed on the Solemnity of All Saints Day. It is the perfect Scripture because to become a saint, a person must have some of these qualities. Jesus offers 8 ways to reach deep happiness and find the joy in living. At first reading, we see words like *poor, mourn, hunger* and wonder where the happiness is in those states of being. But Jesus is inviting us to go deep into our hearts and embrace what we find there. He asks us to see the world from that place, with new eyes, and to hope in God.

Be-Attitudes—Jesus is telling us how God wants human beings to be and to act!