

LIVING FAITH *Kids*

Living the Beatitudes



BE happy with the BEatitudes



What makes you happy?

Is it being with people you love? Is it doing something fun, like playing baseball or reading books? Those are good things, but they can't keep us happy every minute. Of course, you know that God loves you and wants you to be happy, right?

But God wants you to be happy for much longer than the innings of a ball game or the pages of a book. God made you to be happy forever.

But is that even possible? After all, everybody has bad days and things we don't want to do. That's true, but Jesus shows us the way to live so that when bad things happen or life gets tough, we can stay strong in God's love. These teachings are called the

Beatitudes

[bee-YAT-it-tudes]

They show us how to live the blessed, beautiful life God wants for each of us. When we live this life, we're truly happy. That's God's kind of happy. Sure we might get sad or mad sometimes, but living the Beatitudes helps us see things in a different way. A good, holy and happy way. That's the Beatitudes way.



did you KNOW?

Blessed means "happy." You're happy when you live the Beatitudes life!

BEgin with Jesus

Everywhere Jesus went, big crowds followed him. One day Jesus climbed a mountain so everyone could really hear what he had to say. His disciples came too. Jesus sat down and began to teach with these words:



“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.” (Matthew 5:3-12)

These are the Beatitudes. Let’s take a look and see how you can live them!

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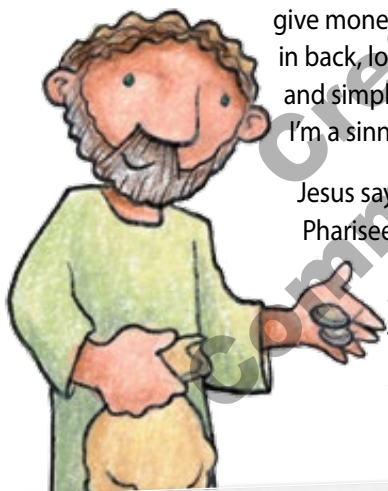
AH-CHOO! What does it mean when someone says “God bless you”? Think about it. God’s blessings are the greatest gifts anyone can receive. So when Jesus says, “Blessed are the poor in spirit...” he’s saying a lot. Next time you say, “God bless you,” say it like you mean it!

Just BE yourself!

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Some people see this first Beatitude and think, isn't "spirit" a good thing, like when people have school spirit or team spirit? Why would Jesus want us to be poor in spirit? Let's look at another story Jesus told, about two men who went to the temple. One was a Pharisee, a member of a strict religious group. The other was a tax collector. The Pharisee stood right up in front and spoke loudly, "O God, I thank you that I am not like everyone else. I'm not greedy or dishonest, like this tax collector. I fast twice a week, and I always give money to the temple." But the tax collector stood in back, looking at the floor. All he could say was a short and simple prayer: "O God, be merciful to me, because I'm a sinner."

Jesus says the tax collector was rewarded, not the Pharisee. You can probably see why. The Pharisee bragged about himself, making a list of reasons why God should think he was really great. The tax collector knew he wasn't perfect. He admitted his sinfulness, but he didn't give up. He trusted in God's mercy and love.

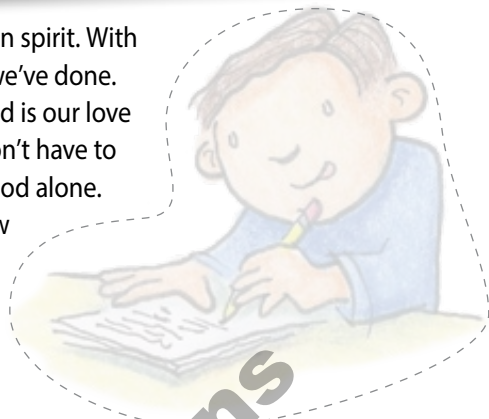


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TRY THIS: Say the Our Father slowly. When you get to the part about "forgive us our trespasses," stop for a moment and think about times you may have sinned lately. Talk it over with God. When you finish the prayer, promise God you will do better tomorrow because you will depend on him to lead you in the right direction.

BE all 4 God!

This is what Jesus means by being poor in spirit. With God, we don't need long lists of things we've done. God knows all of that already. All we need is our love for him. When we're poor in spirit, we don't have to trust in lots of other things. We trust in God alone. Even though we sin sometimes, we know that God always loves us. And it's not because of a bunch of things we did or didn't do. It's simply because of who God is: God is love.



Does that mean we sit around and wait for God to do everything? Nope, just the opposite. When we depend on God for everything, we find that we can do anything. And when we pray—not with empty words like the Pharisee—but when we really talk and listen to God, we find that we want to make God happy, just as he makes us happy. We want to stay away from sin. We want to love our neighbor. That's how we get to God's wonderful kingdom here on earth and in heaven.

God is love.

1 John 4:8



Use the extra heart stickers to add even more love to this page. And feel free to draw as many hearts as you want too!

Living the Beatitudes

Pope Francis once told a crowd of more than 6,000 people to repeat each of the Beatitudes after him!

So why are the Beatitudes so important? Because they are the way Jesus wants us to live. When we follow the Beatitudes, we are full of joy—Christ's joy. There's no better way to live. This little booklet can show you how to get started! Use the stickers and fun activities to learn more about the Beatitudes and Jesus' love for you.

Other Living Faith Sticker Books



Parents & teachers...

to order the *Living Faith Kids* quarterly resource, visit

livingfaithkids.com

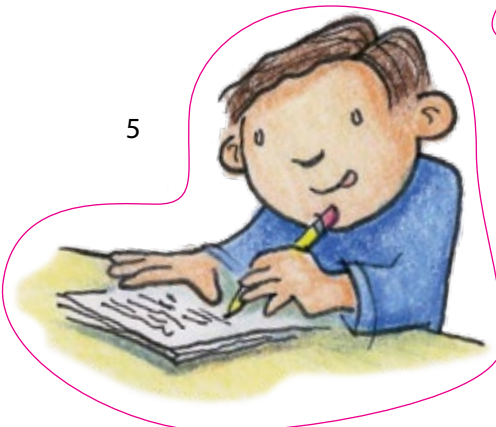
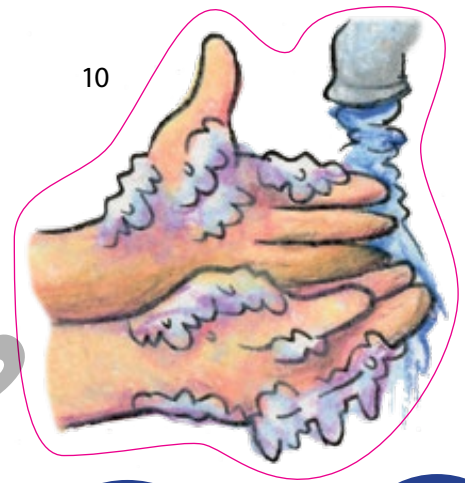
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- Blessed are the meek
- Blessed are they who hunger and thirst for righteousness
- Blessed are the merciful
- Blessed are the clean of heart
- Blessed are the peacemakers
- Blessed are they who are persecuted
- Blessed are you