

# The Beatitudes

In the Sermon on the Mount, Jesus offers a radical view of true happiness in a list of attitudes called the Beatitudes. Jesus calls us to turn away from self-centered attitudes and toward the truth of who we are before God. In the Beatitudes, Jesus paints a word picture of his true followers. We are poor: Our true happiness does not come from things. At times, we are sad and we mourn: We look to God and God's people to comfort us. We are meek: We accept compliments graciously but know our value lies in our dignity as God's children. We hunger and thirst for justice in our world, and we show mercy to others. We are clean of heart, avoiding temptation in thought and action, and we are peacemakers. If we endure persecution, Jesus promises us a sure reward.

Living the Beatitudes leads us to a right relationship with God and others. Eventually the Beatitudes will lead us to the eternal life God has prepared for us in heaven. In the meantime, make the Beatitudes your daily attitudes, and know that you are not alone in the pursuit of true happiness. You walk this journey with your brothers and sisters in faith, led by Mary and the saints! (p. 1241, Catholic Youth Bible, 2018)

Before doing the activities below, watch this [video](#) about the Beatitudes in the 21<sup>st</sup> Century.

## A Beatitude Decoder

Break the Beatitude Codes using the key provided. Work together as a team or make it a competition to see who can break the codes the fastest!



[Beatitudes](#)

[Decoders](#)

## A Puppy Story

What does a story of a puppy have to do with the Beatitudes? Click [here](#) to find out!



## A Recipe for Happiness

The Beatitudes are an upside down way of looking at the world. When most of the world would tell us we will be happy if we have more: friends, stuff, money, etc., Jesus tells us that true happiness comes from God. [Bake a pineapple upside-down cake](#) and learn about the way Jesus teaches us to live. If you don't like pineapple, try another fruit on the bottom!



## A Bee-Attitudes Craft

Choose your favorite Beatitude (or one you need to work on). Then get crafty by making a [Bee-Attitude](#) to help you remember it!



## Closing Prayer:

Listen to this [Beatitudes Song](#) and learn the actions.