

All Saints

Matthew 5:1-12a

'Blessed are the poor in spirit.'

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him. And he opened his mouth and taught them, saying: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.'

Reflection

In the Beatitudes, Jesus shows us what it truly means to be blessed. He begins with, "Blessed are the poor in spirit, for theirs is the kingdom of heaven." Poverty of spirit isn't about money – it's about recognising our need for God. It's about humility, the same humility that St Vincent de Paul taught was the foundation of all holiness. Vincent reminded his followers that humility is truth: seeing ourselves as we really are before God, neither hiding our faults nor claiming false greatness. The Beatitudes call us to a way of life that seems upside down to the world. To mourn, to be meek, to hunger for justice, to show mercy – these are the attitudes that draw us closer to God and to others. Blessed Frédéric Ozanam, founder of the Society of St Vincent de Paul, encouraged young people to "go to the poor" and learn from them, recognising Christ in those they served. He saw that God works through the humble, the merciful, and the peacemakers.

On All Saints' Day, we remember men and women who lived these Beatitudes fully – saints who weren't perfect, but whose lives reflected God's love in extraordinary ways.

As young Vincentians, the Beatitudes invite us to live differently, just like the saints we celebrate. We are called to act with humility, to seek justice, to love without expecting anything in return, and to serve those in need. When we do, we discover that God's kingdom is not somewhere far away – it begins in the way we treat one another here and now.

Materials needed

Paper and Pens

Activity

Invite everyone to think about their own experiences and the world they live in. Ask them to write one or two modern day Beatitudes – phrases starting with "Blessed are..." that describe attitudes, actions, or values they see as important today. For example:

- "Blessed are those who stand up against bullying, for they bring justice."
- "Blessed are those who care for the environment, for they protect creation."

Invite volunteers to share their modern Beatitudes. Write some on a whiteboard or display them so everyone can see the variety of ideas.

Call to Action

This week, pick one of your modern Beatitudes and put it into action. Look for someone in your community who is struggling, overlooked, or in need, and do one small act of kindness or service for them.

