

4th Sunday of Ordinary Time

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

Jesus says, "Blessed are the poor in spirit," and that's where it all starts – realising we need God and each other. It's about being humble, open, and ready to learn from life, especially from those who struggle.

St Vincent de Paul and Rosalie Rendu showed that being close to people in need isn't just charity – it's where we meet God. The Beatitudes turn things upside down: mercy matters more than power, peace matters more than winning, and kindness changes lives.

Being Vincentian today means choosing to be there for others, listening, caring, and trusting that even small acts of love make a big difference.



Materials Needed

Beatitude Cards Printed and cut out

Activity

- On the back of the card, each person is invited to write one idea for how they as a group could live out that Beatitude in real life – at school, at home, or in their community.
- Once all cards have ideas, gather in a circle. A few volunteers can read out some of the group ideas to inspire everyone.

Call to Action

This week, let's choose one Beatitude to focus on together and see how it can guide our thoughts and actions each day.

Blessed

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Those who stand up for what is right, even when it's hard, share in God's kingdom.

Blessed are the pure in heart, for they shall see God.

Those who are honest, loving, and true will experience God's presence.

Blessed are the meek, for they shall inherit the earth.

Those who are gentle and humble will find lasting peace and reward.

Blessed are the merciful, for they shall receive mercy.

If you are kind and forgiving to others, God will be kind to you.

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

Those who know they need God and others will find true life in Him.

Blessed are the peacemakers, for they shall be called sons of God.

Those who try to bring peace and harmony will be recognised as God's children.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Those who want what is right and fair will be fulfilled.

Blessed are those who mourn, for they shall be comforted.

Those who are sad or hurting will be comforted and cared for.