

All Saints (Year A)

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 makes it simple: love God and love your neighbour. These two things are at the heart of Christian life. But loving our neighbour isn't always easy. It means looking beyond our own friendship groups, noticing when someone needs help, and choosing to care even when it isn't convenient.

This is exactly what service is about. We don't just talk about loving people; we put that love into practice through the way we treat people and the way we respond to need.

And loving our neighbour includes loving ourselves. We can't give everything to everyone and expect ourselves never to need rest, support or kindness too.

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.

