

The Year of Discipleship

How can the beatitudes help me grow in faith?

The Beatitudes or “Be-Attitudes” are teachings of Christ that show us how to live as a Christian disciple. They stand in contrast with what the world defines as “happiness,” and reveal a path towards true joy and blessedness. Living out the beatitudes is challenging, but not impossible, because with God’s grace all things are possible. They can be found in Matthew 5:3-10.

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

To be poor in spirit means to acknowledge our deepest human need for God and to grow in that longing and that dependence on a daily basis. It’s only when we realize how badly we need God and how we are nothing without Him that we become worthy of the Kingdom He promises us.

Blessed are those who mourn, for they will be comforted:

Those who mourn are aware of the brokenness of mankind and the evils that occur in this world. This doesn’t mean that you physically sit in your room and cry every time you hear bad news, but that you are saddened, filled with compassion for those who suffer, and work towards justice.

Blessed are the meek, for they will inherit the earth:

Those who are meek—who are so comfortable in their skin that they can lay down their pride and be the least—are not weak but almost inconceivably strong. It is to be filled with the awesome power of the Holy Spirit; and to not be defined by earthly power.

Blessed are those who hunger and thirst for righteousness, for they will be filled: *Those who hunger and thirst for righteousness want goodness and justice, especially for the poor, more than anything. They want their relationship with God to be right, they want human relationships to be right, and they want all the relationships of creation to be right.*

Blessed are the merciful, for they will receive mercy:

The merciful are those who refuse to perpetuate a cycle of violence. Merciful people act with kindness where others might seek revenge. Being merciful also includes having compassion to help others.

Blessed are the pure in heart, for they will see God:

The pure in heart give their heart to God and are given the gift of seeing as God sees. They see the sacredness and essential beauty of God’s creation. Each person they encounter is seen first and foremost as a beloved child of God.

Blessed are the peacemakers, for they will be called children of God:

The suffix “makers,” implies that peace must be constructed actively. One cannot say, “I will keep peace by not getting involved.” Involvement is necessary for peacemaking. Peacemakers work actively to bring about the justice for which others hunger and thirst.