

Reading: The values of humility, gentleness, compassion, honesty, truth, forgiveness, sincerity, make for happiness in this life, and lead to happiness forever in our heavenly home.

Recognising: Do you know someone who you think is a really good person?

Draw or write about what makes that person good.

Responding: Thank you, Father, for the people who are grateful, kind and always ready to share.

We are sorry for the times we forget to say thank you or think only of ourselves.

Help us to live like Jesus, caring for others and sharing your love, so that we may find true happiness now and forever in heaven.

Resting: 'Happy'.

Reflecting: A loving attitude is the way to happiness in life.

Responsibility: **This week I will show love and kindness to someone by...**

LECTIO DIVINA

Living the Word

A WEEK'S JOURNEY WITH THE SUNDAY GOSPEL

Year A - Feast of All Saints

A companion for encountering Jesus' love in everyday life.



Gospel: Matthew 5:1-12

You are invited to **read** the Gospel passage slowly, attentively, respectfully and reverently as a gift of God.

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

"Happy are the poor in spirit: theirs is the kingdom of heaven. Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied. Happy the merciful: they shall have mercy shown them. Happy the pure in heart: they shall see God. Happy the peacemakers: they shall be called sons and daughters of God. Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven. Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven."

Background to Gospel passage

Where does it happen?
Jesus ascends a hill in the region of Galilee, near his hometown of Capernaum, known today as the Mount of Beatitudes.

When does it happen?
This takes place at the beginning of Jesus' public ministry, as growing crowds begin to gather around him and follow his teachings.

Who is there?
Both the crowds and the disciples are drawn to Jesus, recognising him as a teacher whose words are worth hearing.

What happens?
Jesus explains what it means to be truly "happy" or "blessed" as a child of God. He is not simply promising happiness in the life to come; he teaches that we can experience God's presence and love even now in the midst of life's struggles. True blessing is found in living with humility, gentleness, trust, compassion and a pure heart, and working for peace and justice. By living these values we discover a real peace

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and joy in God's presence, a joy that will one day be fulfilled. On the Feast of All Saints we celebrate all those who have embodied some or all of these "be-attitudes" — in their own time, in their own circumstances, and in their everyday life.

Recognising Stage (Meditate)

- *Trust in the power of the Holy Spirit* ***at work within you.***
- ***Enter into the passage:*** *Where do you feel drawn? What touches you? What does it*
- *remind you of?*
- *Let the Gospel and your memories speak* ***to each other.***
- ***Notice the same loving presence of*** *Jesus at work* ***again today*** *in yourself and in others.*
- *If needed, use the following prompts to awaken such memories*

"Blessed are the poor in spirit."
When have you realised that your own strength was not enough and learned instead to place your trust in God?

"Blessed are the gentle."
Who has shown you the quiet strength of gentleness, bringing out the best in others?

"Blessed are those who mourn."
When have you experienced deep grief and, through God's presence and the support of family and friends, gradually found healing and peace?

"Blessed are those who hunger and thirst for righteousness."
Have you known someone whose commitment to justice gave them a deep sense of purpose as they worked to make the world a better place?

What memories come back to you? Listen deeply to your own life experience.

Where was it? When was it? Who was there? What happened?

(Some might find it helpful to journal their memory.)

I remember the time when…

Gen.25:16, 'Truly God was in this place and I didn't see it,' until now!

Prayer Response

You are invited to respond in your own words, and where possible, together with some words from the passage. *Let the prayer flow from your recognition of the passage, or any part of it, in life experience. You might find it helpful to journal your prayer.*

Tell your Father how this passage and the memories it has evoked have awakened gratitude for the presence of Jesus in your life and in the world. Heavenly Father, I thank you…

The Gospel is always a call to repentance as well. Share with the Father your sorrow for the times when you, or a community you belong to, have fallen short in living this Gospel. Heavenly Father, I am sorry for...

Ask your Father for the help you need to live the Gospel more fully—in yourself, your family, community, Church and world. Heavenly Father, please give us the help we need to…



You are invited to deepen this prayer experience by resting your heart silently in God's presence and love. The quiet repetition of a word or phrase from the passage may help you on this journey to greater stillness and greater silence, e.g. "Your Kingdom come."

An Invitation to Reflect

From your journey with the passage in meditation and prayer, what new insight or understanding have you received about the true meaning of love or some expression of it, into what it means to be fully human, and how God's kingdom is being made present among us today?

Rest in this truth, hold it in prayer and trust that it will bear fruit in your life.

Thought for the week

A saint is someone who makes love visible in the world through the way they live, care for others and respond to life's challenges.

Responsibility

With God's help I will try to live this gospel by...