

Learning to Be Joyful

We are finding more joy in our lives. Smiling more. Laughing more. Getting out to volunteer and support one another more. And, now we are taking a moment to consider the blessings in our lives.

Activity for the Mind

Review the list of beatitudes and stop to think carefully about what each one means. Then choose two that appeal to you the most and rewrite them in your own words. Consider how they apply to your life and where you can apply them.

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

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

Blessed are the meek, for they will inherit the land.

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

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

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

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

Matthew 5: 5-12

Rewrite one of the beatitudes in your own words:

Discuss how it applies to your life:

Choose a second beatitude and rewrite it in your own words:

Discuss where in your life you can apply it:
