

June 10, 2024

Daily Reflections



Center for Spiritual Development

BLESSED ARE WE

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him.

He began to teach them, saying:

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

Blessed are they who mourn, for they will 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.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.

Rejoice and be glad, for your reward will be great in heaven.

Thus they persecuted the prophets who were before you.”

MATTHEW 5:1-12

Reflection

The Sermon on the Mount, the Beatitudes, is one of the most memorable passages in scripture because of the tender, heartfelt tone and words used by Jesus to the people gathered that day. I like to picture myself among the crowds and allow Jesus' words to settle deep within my being. The words are gentle and provide guidance on how we are to live as followers of Jesus. He reminds us that our endgame is not in this life; it is our quest for eternal life by living the teachings of Jesus. In the Beatitudes, we are not promised a life without difficulties and struggles; we are reminded that our reward will be great in heaven. The Beatitudes can be our guideposts along life's twisting and turning roads.

Beatitudes Prayer

Strengthen my resolve to live fully the words
so movingly spoken by Jesus on the Sermon on the Mount.

Open wide O doors of my heart
and let the wisdom of my Beloved take root.

Cast your eyes upon the world and see where the Beatitudes reside,
and may we join with others to ensure our faith moves into action.



LePuy-en-Velay, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Place yourself in the crowds listening to the Sermon on the Mount. How do Jesus' words find a home in your heart?
- Perhaps one particular beatitude speaks to you in this moment in time.

How might you bring these words to life as you move through this day?

For Prayer

We pray for all those who embody each of the beatitudes above.

*May we be conduits of God's presence
to relieve any harm or hardships that people find themselves in today.*

*Let the beatitudes come alive in each of us,
being the kind, compassionate, and tender presence in the lives of others.
Amen.*

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