

June 12, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

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The Beatitudes

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

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 5:2-12

Reflection

There is so much to unpack in the Beatitudes and I'm going to capture one small insight for today. While this beautiful passage in scripture can seem a joyful one, reading closely, the word that is most often used is “blessed.” When I reflect on “blessed” as spoken by Jesus in this context, it is God gifting us throughout these special and poignant moments of our lives. When we are in need of solace and light, we are “blessed.” When we mourn or when we are persecuted, we are blessed. It is God actively present in those moments of our lives when we are most in need. It is a powerful reminder of God's infinite care and love for us, no matter our circumstances. When we are “poor in Spirit” we can call to mind the abundance of God's mercy and love. What flows from this is a reminder of how we must continue to be in right relationship with God; to continue to pray and be attentive to all that keeps us close to God.



Blessed Are We

who acknowledge our limits.
who experience humility as gift.
who mourn the havoc we cause to creation.
who are gentle and kind.
who place our trust in the Divine.
who seek an abiding relationship with God.
who are steadfast in working for justice.
who persevere in our faith.

Let us rejoice and be glad!

For Pondering

- Which beatitude speaks most strongly to you today? Why? Pause throughout your day and reflect on this beatitude and what the Spirit might be asking of you.
 - Which beatitude causes any type of unease or discomfort? Why might this be so? Allow this beatitude to percolate within you today and listen to the Spirit within you.
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For Prayer

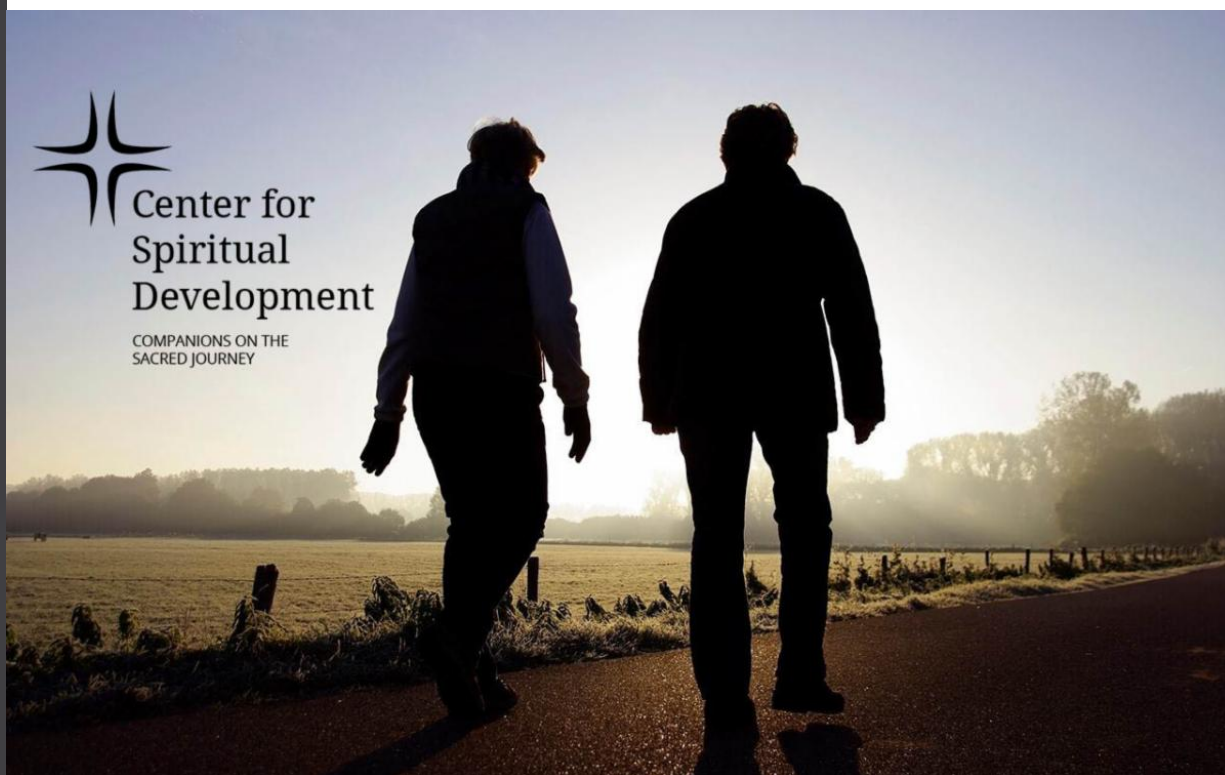
Pray each beatitude slowly and allow names of people or situations to come to mind that need our prayers.

Loving God, as we bring these people and situations before you, we do so knowing that your inbreaking presence blesses and touches us and each of those for whom we pray.

Amen.

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