**Activity #10 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Bring your completed activity to class on Sun March 3 or Wed March 6**

**PART 1: What Would Jesus Do? Beatitudes as a Path to True Happiness**

*The Beatitudes are the teachings of Jesus in the Sermon on the Mount (*[*Matthew 5:1-10*](http://www.usccb.org/bible/matthew/5/)*)*

*These are Jesus’ guidelines to live a happy life.*

1*. Blessed are the* ***poor in Spirit****, for theirs is the kingdom of Heaven.*

(Being humble and noticing your strengths as well as weaknesses & you will be respected for who you are)

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

(Experience God’s comfort in our pain…joining in the sorrow of anyone who is suffering)

3. *Blessed are the* ***meek****, for they shall inherit the earth.*

(Being gentle…treating others with kindness…being selfless…serving others with joy)

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

(Fighting for justice…leading others to do good...upholding your morals and ethics)

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

(Forgiving others…reaching out to the suffering and poor with mercy...be compassionate)

6. *Blessed are the* ***pure of heart****, for they will see God.*

(Being holy and chaste, doing God's will in everything, focus on goodness in thoughts, intentions & desires)

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

(Being at peace with yourself, others & God…prevent arguments, settle disputes, tolerate, try not to judge)

8. *Blessed are those who are* ***persecuted for the sake of righteousness****, for their reward will be great in heaven.*

(Taking a stand for truth and justice even when being attacked by others...follow Jesus no matter what)

**Which** Beatitude do **I** need to work on the most and **why?** 3 or more sentences

If you can **add one more of your own** Beatitude for teens, what would it be? Write it below.

Log on your Ascension Press online access. Go to Lesson 20 and watch segment 2 .**video presentation 20.2** Franciscan Friars of Renewal 420 E 156th street NYC. In what ways would you say the friars are living out the Beatitudes? How do you think the people in the community view them?

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**PART 2: Living the Beatitudes is made possible by the Holy Spirit. With a family member fill out this chart.**

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| --- | --- |
| Which Beatitude Am I? | Seeking |
|  | I want to be in total control of my life, my desires and the people around me…I love all my stuff, I must have my cell phone with me all the time… Lord, help me! I belong more to this world than to heaven…. |
|  | I want everyone to like me and approve of me…so I won’t stick up for what is right even though I know what's right in my heart…I’d rather follow my friends on social media than Jesus, even though my conscience knows what's right… Help me Lord! |
|  | I'm quicker to complain about people more than I am to give them mercy…I remain frustrated because people don't change the way I want them too, so why show compassion? Help me Lord! |
|  | I don't care if anyone else is suffering, hungry, poor, depressed or homeless…why should I mourn for them? …it doesn't affect me…Oh Lord, help me! |
|  | I'm more interested in picking fights than making peace…I'm not going to get involved in anyone else's argument that has nothing to do with me even if I can help settle it…Lord, help me! |
|  | I hunger and thirst for making myself feel good like watching a lot of TV, avoiding work and following the wrong crowd than doing what’s right and spending time in prayer. Lord, help me, please! |
|  | I'm not going to be kind all the time…it's a waste of energy…others aren't always nice to me…Hey, I'm only concerned about myself…I have to look out for #1 me! Lord, help me serve others! |
|  | I’m perfect. I don’t need to go to church. I’m not really a sinner. I don’t need to admit to anything. Why should I waste my time reading the bible!? I know how to live on my own. Help me Lord! |