

*St. Mary of the Assumption Parish
Lancaster, NY
January 29, 2017*



Family activity

Today's Gospel contains the Beatitudes as found in the Gospel of St. Matthew. If we follow the Beatitudes, we live as Jesus wants us to live.

Activity # 1 As a family, watch: You Tube "Blest are They – The Beatitudes" (Lerik Dee 8 min. 19 sec.) For your convenience, they are listed below. Parents or an older sibling can read the words. Press "Pause" when each beatitude is on the screen to talk about what it might mean.

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 in 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" refers to a grace in the future, often felt in the present. Another word for it is "Happy.")

After discussing the video as a family,

1. Allow each child to write their favorite beatitude **in the journal** and why it is their favorite.
2. As a family, write your own beatitude in the family journal, such as, "Blessed are they who are chosen last, for they will be first in heaven."

Activity # 2: The Beatitudes are part of the "Sermon on the Mount" found in Matthew 5-7. The Sermon on the Mount is a summary of the teachings of Jesus about how we are to live.

Each family member who is able to read is asked to look at the entire Sermon on the Mount and write out the verse that they could relate to the most and to write the reason they chose that verse.

Activity # 3 On the poster board, write out the beatitude that is your family's favorite. Draw or paste pictures portraying how you try to live that beatitude. At the bottom of the page, write the beatitude your family created. You may also include some pictures of how you will live that one out. On the other side, write something that your family is doing for Lent. Each family will be given an opportunity to share their poster board on March 19th.