



## The Beatitudes



### Felt Suit by Joseph Beuys (1921 – 1986)

The story behind the painting is that the artist was shot down from his plane, rescued, and wrapped first in fat and then in felt, to bring back his body warmth. From that time, felt always had great meaning for him. Here, it might also be seen as insulation or protection against what is happening around us.

A Question to ask ourselves: 'Who fills the suit you would draw'. We are so often defined by the activities we do when we put on our suits (our clothing) and begin our day. Who occupies the suit we put on each day – is it our passions, our temptations, our feelings, impulses, or is it something more? God gives us a body to inhabit; everybody is beautiful. The question is, who are we, living in it?

Watch Jesus giving the greatest sermon ever, the Beatitudes, as depicted in The Chosen.

[The Chosen Scene: Jesus Gives the Beatitudes \(youtube.com\)](https://www.youtube.com/watch?v=...)

For further reflection you can listen to [this](#) music

Read, contemplate, and pray the Beatitudes as written down in Matthew's Gospel (Matthew 5:3–12)

Let us now do a prayerful Examen using the Beatitudes:

*Blessed are the poor in spirit, those who mourn, those who are meek, those who hunger and thirst for righteousness, the merciful, the pure in heart, the peacemakers, those who are persecuted for righteousness's sake.*

**Step 1:** Ask the Holy Spirit to guide your memory over the past few months.

**Step 2:** Call to mind the people you encountered who were poor, mourning or meek...any people described by the Beatitudes. As you think of these people, give thanks for them and for how they brought the Kingdom of God into your life.

**Step 3:** Call to mind when you were poor in spirit or mourning or meek, etc. Ask God to help you perceive that you have been blessed in these experiences, even if they were difficult. Ask God to help you believe that these experiences open your life to God's grace and love.

**Step 4:** Ask forgiveness for any time you resented or resisted the times of poverty or mourning or other beatitude experiences. Know that God already knows where you are weak or untried and that everything you do is met, first of all, with God's great mercy.

**Step 5:** Identify one or two beatitude experiences or qualities that you desire to nurture in your attitudes and behaviours during the next few weeks. Ask for help in being open and ready to learn and grow.

**Step 6:** Ask yourself the following questions and journal your answers:

- Where is there hate in your life right now? How are you watering the seed and what can you do right now to stop? What actions can you take?
- Who needs your love today? What simple act of love can you carry out in the spirit of the Beatitudes?

Please remember that you live one moment at a time and that God gives you opportunities one moment, one decision, one action, at a time. No one lives out all the Beatitudes at one time. For instance, your beatitude experience might be mourning. Mourning can be all-consuming, and that might be your beatitude for weeks, months, a year, or longer. Allow your life to be what it is. Ask God to help you recognize the beatitude to which you are called right now, and don't concern yourself further.