



# Understanding the Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
When we know that we need God and we can count on God, we are poor in spirit.
2. Blessed are they who mourn, for they will be comforted.  
Those who mourn are expressing their grief. If we express our feelings with others and with God, we will feel better.
3. Blessed are the meek, for they will inherit the land.  
We will be blessed when we are gentle and kind.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.  
When we work for fairness for all people, we work for justice.
5. Blessed are the merciful, for they will be shown mercy.  
When we forgive people who hurt us we are merciful. We also need to ask for forgiveness when we hurt others.
6. Blessed are the clean of heart, for they will see God.  
Worrying about what other people think and caring too much for material possessions are just two examples of things that can distract our attention away from God. When our actions are pleasing to God, we are clean of heart and we feel closer to God.
7. Blessed are the peacemakers, for they will be called children of God.  
When we live as peacemakers in our families, at school, and with our friends we please God. We can settle disagreements calmly. We can avoid violent games and television. We can treat people with respect.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.  
Sometimes we have to stand up for what we know is right.