

# The Beatitudes

**Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

Do I strive – with my time, passion, and resources – to accumulate more goods and honors in this world, instead of seeking to obtain true spiritual goods? Do I recognize my spiritual poverty and humbly acknowledge my need to continually seek and be filled with the Spirit of Christ?

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

Do I sorrow over the sins committed by myself and others, considering how much they offend God and how they bring more evil and disorder into the world? Do I do sufficient penance for my own sins? Am I in tune with others so I can hear their cries and respond?

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

Am I obstinate and quarrelsome, always trying to assert my will over others in regard to petty and unimportant things? Do I strive to overcome evil with good, by responding to offenses with gentleness and a good will, instead of retaliating in anger and spite?

**Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.**

Am I trying to become more holy by conquering my habitual sins and diligently practicing acts of virtue? Do I love Jesus and strive to do His will above all things, instead of my own?

**Blessed are the merciful, for they shall obtain mercy.**

Are my eyes and my heart open to the mental, physical, or emotional sufferings of others? Do I try to relieve their pain and misery through spiritual and corporal works of mercy?

**Blessed are the pure in heart, for they shall see God.**

Do I try to keep my heart, mind, and soul untainted by the evil influences of this fallen world? Do I guard the purity of my senses by being cautious and discriminatory about what I allow myself to see, watch, and hear?

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

Do I strive to keep my soul in the peace of Christ? Do I look for ways to bring greater order and harmony among persons in my family or place of work, or do I participate in perpetuating discord and strife?

**Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.**

Do I count it a joy when I suffer wrongs for the sake of doing good? Do I offer up my trials to God for the salvation of souls?

**Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on My account.**

Am I living my Catholic faith authentically so that others can see that I am a devout follower of Jesus Christ? Do I avoid living and proclaiming the truths taught by His Church for fear of being disliked, ridiculed, or persecuted?