

Lesson 20: What would Jesus do? (The Beatitudes as a Path to True Happiness)

Opening Reflection

(Please read this over with your child to begin to think about what they are going to be learning today)

The purpose of this lesson is to challenge you to live a life of radical discipleship. Following Jesus – in the footsteps of the saints and through the guidance of the Church – is the surest path to happiness. It is the sure way to become the people God created them to be.

We were created with a desire to be happy. Another word for “happiness” is “blessed”. In the Beatitudes, Jesus pointed the way to experiencing true success and happiness, here and now. The stories of the saints are like signposts, pointing us toward heaven. The moral life is not something we “have” to do, but something we were created to do.

Opening Prayer

This week, we are going to take a look at the Beatitudes as taught by Jesus in the “Sermon on the Mount.” For our opening prayer today, we are going to read the words of Christ as they appear in the Gospel of Matthew. Let’s read them together slowly, attempting to take in all that Jesus is saying, as we begin to consider how this important passage applies to our lives here and now.

In the name of the Father, the Son and the Holy Spirit. Amen.

When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

**“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 of 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 are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me. Rejoice and be glad, for your reward will be great in heaven. Thus, they persecuted the prophets who were before you.

In the name of the Father, the Son and the Holy Spirit. Amen

Challenge of the Week

Talk about the challenge from last week that is found on page 161. Talk about how the experience was or how they could keep the challenge up every week of their lives.

Dive in Story

Read the story on page 186 together, and then talk about what you read.

Talking points:

- Are you ready to take these 8 steps to happiness?
- Do you have the courage to want to post these 8 steps to Instagram for all your friends to see why you are leading a happy life?

Who's calling? – with Mary Ann Wiesinger

Video Segment 1: The Beatitudes?

Play video the following video.

<https://youtu.be/DgtXo1hJwY0>

Talking points after the video:

1. Which beatitude resonates most with you? Which one do you need to work on the most? What can you do to work on it?
2. What does being holy have to do with being happy? How can living the Beatitudes makes us happier and more peaceful?

Video Segment 2: The Beatitudes in Action

Play video the following video.

<https://youtu.be/jypaTbVtR3k>

Talking points after the video:

1. What are some ways you can help the poor in your community?
2. Name some things that are important in life that people do not pay enough attention to.
3. What distracts or keeps us from paying attention to the important things in life?

Video Segment 3: Living the Beatitudes

Play video the following video.

https://youtu.be/KMLwPE_ORU8

Talking points after the video:

1. What is the difference between being a “big deal” in the world and being truly “great”?
2. What can you do to focus more on the things that will matter forever?

****ANSWER KEY FOR ALL SEGMENTS IS BELOW**

To the Heart with Mary Ann Wiesinger

Read the story on page 158 together, and then talk about what you read.

Talk points:

- Have you ever asked God to provide something you needed? What happened?
- Find It!
 - Where in the Bible did Jesus call the poor “blessed”?

Hero of the Week

Read the Saint story on page 190 together, and then talk about what you read.

Talk points:

- This story of sainthood involves peace and faith in the gifts we can't see, how when we devote ourselves to these gifts, we are able to become better people that lead us to being saints.

Challenge of the Week

- Ask the confirmation student to read the challenges on page 191 and choose one of the three to complete this week. Remind them to write about their experiences in the space provided.
- Read over the “Wrap-up” and the “What’s the Word” sections of the workbook to review all the major words that have been mentioned throughout the lesson.

Closing Prayer

In the name of the Father, and the Son, and the Holy Spirit. Amen.

Lord Jesus, when we humble ourselves and follow you, your light shines through us and out to a dark world. Help us to be poor in spirit and meek; to mourn, to hunger and thirst for justice; to be merciful, pure of heart, and peacemakers; and to be willing to suffer for what is right. Make us heroes, Lord, by blessing us with a radical faith and willing hearts. Amen.

In the name of the Father, and the Son, and the Holy Spirit. Amen.

LINK FOR KNOWLEDGE CHECK: <https://forms.gle/7P3JfxPdZmmHu1NM8>

Answer Key:

Segment 1:

1. C. Weak
2. D. Courage

Segment 2:

1. A. Happiness
2. D. A, B, and C

Segment 3:

1. C. beatific
2. C. intelligence

Find it! The Beatitudes