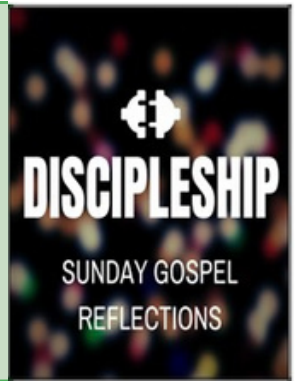


In preparation for February 1, 2026, 4th Sunday in Ordinary Time

Theme - The Beatitude Way: Choosing Joy, Mercy and Humility

“Blessed are the poor in spirit, for theirs is the kingdom of God.”

(Verse 3) Matthew 5:1-12



Adults -

1. We can be recognized as true followers of Christ by how well we respond to the Beatitudes. Do you grieve for those who mourn? Are you a peacemaker? Do you show mercy to others? Which of the Beatitudes is the easiest for you to live out? Which of the Beatitudes is most challenging for you?

2. When we take a look around the world and see all the despair, hunger, poverty, greed, evil, destruction of the planet and as the list goes on, it can be hard for us to reconcile joy and fulfillment. How do the Beatitudes help you move through the woes of the world and bring you closer to God and the pure joy that comes from knowing and following him?

Obstacles for living out the Gospel: Not taking the time to examine our lives and adjust them accordingly to God's will for us.



Teens -

1. The Beatitudes call for patience, mercy, and long-term thinking, which can be hard when we are used to quick rewards and attention. Which Beatitude do you find most challenging to live out as a teen? Why?

2. How can practicing the Beatitudes make your family and friendships stronger or help you deal with peer pressure in a more Christlike mindset?

3. What would it look like to support each other in being "blessed" according to the Beatitudes, rather than just chasing popularity or success?

Obstacles to living out the Gospel: Peer Pressure and the desire for acceptance.

Children -

1. Did you know that "poor in spirit" actually means that you are aware of your need for God? How do you show God your great need for him?

2. Which Beatitude do you find most challenging? Why do you think it is so hard?

3. Have you ever seen someone harassed because they chose to do what was right even though it wasn't popular? How did that make you feel? Does today's Gospel give you hope? What is something you can do if someone is being picked on for doing the right thing?

Obstacles to living out the Gospel: Ego. Not recognizing that all we have comes from God and not ourselves. Not looking for God, especially in the difficult challenges in life.