



Matthew 5:7  
"Blessed are the merciful,  
for they will be shown mercy."

Our story today comes from a group of Lessons that Jesus taught his followers when He was alive on earth.

In the Gospels of Matthew and Luke, we read that Jesus has gone up onto a mountain to pray. As he is coming down, he sits with his followers and teaches them. The Book of Matthew has three chapters of the lessons Jesus taught on the mountainside. Often people call these chapters "The Sermon the the Mount."

Jesus starts this "Sermon" with a blessing. But He doesn't just bless the followers who are with him. Jesus gives them a list of the people that God especially blesses.

Jesus starts each line of the list with the word "Blessed", so we call this part of Jesus' sermon the "Blesseds" or the "Beatitudes" (which is a French and Latin word for Blessed).

And as Jesus' followers, we show special care for God's Blessed people too.

Love and charity, taking care of God's blessed people, is a path to Jesus. Our labyrinth symbol for these Blessings is a heart. The path goes here from the heart to Jesus.

These are the first seven Beatitudes, the first seven Blesseds, from Matthew's Gospel:

Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.  
Blessed are those who mourn,  
for they will be comforted.  
Blessed are the meek,  
for they will inherit the earth.  
Blessed are those who hunger and thirst for righteousness,  
for they will be filled.  
Blessed are the merciful,  
for they will be shown mercy.  
Blessed are the pure in heart,  
for they will see God.

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

So many big words, right? Luke makes it simpler.

The first three Beatitudes in Luke say:

Blessed are you who are poor,  
for yours is the kingdom of God.  
Blessed are you who hunger now,  
for you will be satisfied.  
Blessed are you who weep now,  
for you will laugh.

Jesus says that when we are doing the right things, even when we are poor or hungry or sad, God blesses us and welcomes us into His kingdom.

We also know that Jesus wants us to help others who are poor and hungry and sad, because they are a Blessed part of God's kingdom.

## THE SERMON ON THE MOUNT

