

Beatitudes



at home Lent Family Devotional



What is Lent?

Lent is a 40-day season of preparation for Easter, beginning with Ash Wednesday and ending on Holy Saturday, where we engage in self-examination, lament, prayer, and acts of love through service and giving, to grow in faith and draw closer to God, mirroring Jesus' time in the wilderness. The liturgical color for Lent is purple, symbolizing the royalty of Christ.

The Beatitudes

The Beatitudes are a list of blessings from Jesus' Sermon on the Mount in Matthew 5. They show God's love of humanity in contrast to the values usually seen lived out in the world. God's wisdom is not the wisdom of the world but as Jesus taught and modeled, it's love.

Engaging the Resource

Included is a card for each Beatitude. Engaging with these cards can be your spiritual practice for Lent.

- Choose one card to focus on for each week of Lent.
- Place the card where you can see it each day.
- Set aside a time each week as a family to gather and look at the artwork, the scripture, share the reflection materials, and create.
- Light a candle as you gather to remember God's presence.
- Write or draw reflections each day to place around the card.
- Pray for those named in the Beatitude.
- Make concrete plans to learn about and serve someone in your community named in a Beatitude.
- OR choose to focus on just one Beatitude.
- OR use this resource in a season other than Lent.

For additional reflection, consider picking up a copy of *Growing in God's Love: A Story Bible*. For devotions with elementary age children, consider picking up a copy of *Growing in God's Love: A Family Devotional* from the PCUSAstore.com. Explore the www.d365.org app for youth or the PCUSA Daily Prayer App for adults.

Note from the Artist about the cover art

“Subió al monte y empezó a enseñarles.”

“He went up the mountain and began to teach them”

The beatitudes in Matthew are the beginning of Jesus’ teachings. A new time dawns and the lessons of kin-dom building begin.



Invitation for Creative Art Practice



Any art form can be a way to pray and cultivate the relationship with God. As a prayerful person who is artistically inclined, artmaking has become an important way for me to engage in intentional times of prayer. Praying in this manner allows me to set time aside, calm the mind, and focus on spending this creative time with God. One doesn't have to be trained in art to engage in this practice. There is no real plan or direction other than resting in the presence of God and making art.

This Lent season, as you reflect on the Scripture and on the pieces created for this resource, we invite you to gather your supplies and explore art as a form of prayer. Whether you use crayons, paint, clay, or yarn, the invitation is to breathe deeply and bask in those precious moments of calm, remembering that prayers come as they come. The process of creating is what's truly important. Whichever art medium you choose for your art-prayers, enjoy this quality time with God, the Creator.

Vilmarie Cintrón-Olivieri is an Educator, Presbyterian Ruling Elder, Artist, and a Global Ecumenical Liaison of the PC(USA).



"De ellos es el reino de los cielos."

Vilmarie '25

"Recibirás consolación"



Vilmarie '25

Blessed are Those Who Mourn

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

"Blessed are those who mourn,
for they will be comforted."

Matthew 5:4 (NRSVUE)

"You are following me when you
see something wrong or
someone being treated badly
and you do something to help."

p.324, Growing in God's Love

Note from the Artist

"Recibirás consolación"

"You will receive consolation"

Watercolor paint and ink

A second version of a painted prayer
acknowledging vulnerability and
mourning. There is enough empathy
around to share; enough compassion
to receive and offer it as well.

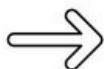
Reflect

We wonder...



- What do you observe in the art?
- What are you sad about?
- How do you define empathy?

Act



- Show empathy to another.
- List three ways you can be compassionate this week.
- Find a way to be an upstander.

Pray

God, we pray for those who are weeping and those who have been treated badly. Comfort all and let them know justice and joy. Amen

Blessing

The Lord bless and keep your going out,
and your coming in, from this time on
and forevermore. **Alleluia!** Psalm 121:8



Blessed are the Poor In Spirit

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

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

Matthew 5:3 (NRSVUE)

"You are blessed when you take
time to talk with God, to say
thank you, or help me, or please
remember, or I am sorry."

p.324, Growing in God's Love

Note from the Artist

"De ellos es el reino de los cielos"

"Theirs is the kingdom of heaven"

Watercolor paint and ink

When all else fails and hope is
distant, I look up. The blue of the
sky, the shapes of the clouds, birds
flying, gliding free, a talk with God...
Heaven.

Reflect

We wonder...



- What do you observe in the art?
- When do you talk with God?
- Where do you see the Kin-dom of God?

Act



- Write or draw something you are thankful for.
- Tell someone you are sorry.
- Ask for help when you need it.

Pray

God, be with us when we say thank you, help me say I am sorry.
And let us see glimpses of your kin-dom. Amen

Blessing

The Lord bless and keep your going out,
and your coming in, from this time on
and forevermore. **Alleluia!** Psalm 121:8





"Herencia"

Vilmarie '25



Blessed are those who Hunger and Thirst for Righteousness

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

"Blessed are those who hunger and thirst for righteousness, for they will be filled." *Matthew 5:6 (NRSVUE)*

"When you are hungry for everyone to have enough food to eat, then you are on the right road. When you are thirsty and know that some children need clean water to drink, and you save your money to help, you are blessed."
p.324, Growing in God's Love

Note from the Artist

"La comida perfecta"
"The perfect meal"
Crayons on paper

Justicia (justice) looks a lot like every person having their basic needs met, including a plate of nutritious food to eat. Justice is the perfect meal.

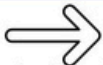
Reflect



We wonder...

- What do you observe in the art?
- What do you think are basic needs?
- How can you speak up for others?

Act



- Donate food to a local pantry.
- Speak up for another.
- Find someplace you can volunteer.
- Make a nutritious meal to share.

Pray

God, we pray for this community and world. Bless the hungry and thirsty: feed them and may your justice come. Amen

Blessing

The Lord bless and keep your going out, and your coming in, from this time on and forevermore. **Alleluia!** Psalm 121:8



Blessed are the Meek

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

"Blessed are the meek, for they will inherit the earth."
Matthew 5:5 (NRSVUE)

"When you see a person or an animal who is lost or homeless or without friends, and you and your family help out, you are blessed."
p.324, Growing in God's Love

Note from the Artist

"Herencia"
"Inheritance"
Watercolor paint, ink, and color pencils

Inspired by the phrase "they will inherit the earth", this question rose: What are we leaving behind as an inheritance? May we choose for it to be a spirit of humility and gentleness instead of arrogance and unkindness. I'm reminded that there is strength in meekness, too.

Reflect



We wonder...

- What do you observe in the art?
- What does inherit mean?
- Who can we help?

Act



- Help another person.
- Be kind to the earth and animals.
- Draw something you hope others will inherit from you.

Pray

God, may we choose kindness and gentleness and to help others. Amen

Blessing

The Lord bless and keep your going out, and your coming in, from this time on and forevermore. **Alleluia!** Psalm 121:8





"Mercy"

Vilmarie '25



Vilmarie '25

Blessed are the Pure in Heart

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

"Blessed are the pure in heart,
for they will see God."

Matthew 5:8 (NRSVUE)

"When your heart is open to love
others, then you know what God
looks like."

p.324, Growing in God's Love

Note from the Artist

"Felices las personas de limpio corazón"
"Blessed are the pure of heart"

Acrylic markers and ink

Childhood memories sitting at the
kitchen table, doodling away, a blue
tin can that once contained butter
cookies, now full of crayons. A pure
moment. I'm sure God was sitting
right there, doodling and coloring
with me.

Reflect



We wonder...

- What do you observe in the art?
- Where do you see God's love?
- What does it mean to have an open heart?

Act



- Write or draw a note of kindness and love to someone.
- Doodle or just sit and talk to God.
- Name someone who has an open heart for God.

Pray

God, open our hearts to love. Let us notice when you are present with us. Amen

Blessing

The Lord bless and keep your going out,
and your coming in, from this time on
and forevermore. **Alleluia!** Psalm 121:8



Blessed are the Merciful

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

"Blessed are the merciful, for
they will receive mercy."

Matthew 5:7 (NRSVUE)

"When you see a classmate
sitting alone and you join her,
you are following me."

p.324, Growing in God's Love

Note from the Artist

"Misericordia"
"Mercy"

Watercolor paints, ink and metallic gel pens

To me mercy is like giving and
receiving flowers. A flower is given
as a token of appreciation, a peace
offering, a gesture of reconciliation,
a sign of gratitude. Like mercy, a
single flower can say so much.

Reflect



We wonder...

- What do you observe in the art?
- What does it mean to include people?
- How can you follow Jesus?

Act



- Notice and speak to those you see each day.
- Go out of your way to be kind and include people.
- Draw an example of following Jesus.

Pray

God, may we show kindness and mercy. May we be grateful. Amen

Blessing

The Lord bless and keep your going out,
and your coming in, from this time on
and forevermore. **Alleluia!** Psalm 121:8





"Sea la paz"

Vilmarie '25

"Perseguidas"



Vilmarie '25

Blessed are the Persecuted

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

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

Matthew 5:10 (NRSVUE)

"When you see things that aren't good and you work to make them better, you are on the right road."

p.324, Growing in God's Love

Note from the Artist

"Perseguidas"

"Persecuted"

Watercolor paints and black ink

Standing behind this cyclone fence, what (or who) do you see? Theirs is the kingdom of heaven.

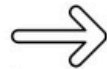
Reflect

We wonder...



- What do you observe in the art?
- What is something you see that isn't good around you?
- What can you do to help make things better?

Act



- Speak up for God's love and for those who are wronged.
- Find an organization that supports God's people who are suffering.
- Support leaders who are caring for all of God's people.

Pray

God, be with those who are treated wrongly and suffer. Help us to stand up for others. Amen

Blessing

The Lord bless and keep your going out, and your coming in, from this time on and forevermore. **Alleluia!** Psalm 121:8



Blessed are the Peacemakers

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

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

Matthew 5:9 (NRSVUE)

"When you are a peacemaker, helping people learn how to listen to one another and not fight, you are living like you are God's child."

p.324, Growing in God's Love

Note from the Artist

"Sea la paz"

"Let there be peace"

Watercolor paints and colored pencils

The lyrics of the song "Let There Be Peace on Earth" by Jill Jackson-Miller and Sy Miller came to mind while creating, along with the universal symbol of peace: A white dove. "Let there be peace on earth and let it begin with me."

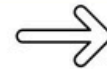
Reflect

We wonder...



- What do you observe in the art?
- How can you listen?
- What is an example of being a peacemaker?

Act



- Visit with someone you have a hard time getting along with.
- Invite people who are not getting along to a meal together to listen.
- Write notes of peace to give.

Pray

God, we ask you to help us show your love and peace in all we do. Amen

Blessing

The Lord bless and keep your going out, and your coming in, from this time on and forevermore. **Alleluia!** Psalm 121:8





Continuing the Practice...

Try one of these with your household.



Mark

Light a white candle each day at a meal, bedtime or once a week and simply say "We light this candle to remind us that God is present with us today, tomorrow and always."

Remember

Post the Beatitude art cards as a reminder to show compassion and empathy. Or write out the phrases to see. Name the blessed when you gather around the table.

Listen

Read a story from *Growing in God's Love: A Story Bible* or Devotion from *Growing in God's Love: A Family Devotional*.

Reflect

Ask questions beginning with I wonder...

Act

Live out God's love in your community by listening, speaking up, and helping people.

Pray

Have supplies available to draw, write, or create for a few minutes each day while offering silent or verbal prayers.

Bless

Share a simple mealtime blessing like "God is good, God is great. Let us thank God for our food". Or say a simple blessing at bedtime or post on a door for all to see like "Remember you are a child of God and God's love surrounds you."



For more resources on how to support faith formation at home learn more about the Around the Table initiative at pcusa.org/aroundthetable

This resource was designed as part of the Around the Table initiative of the PCUSA. pcusa.org/aroundthetable

Art created by Vilmarie Cintrón-Olivieri an Educator, Presbyterian Ruling Elder, Artist, and a Global Ecumenical Liason of the PC(USA).
When sharing the art, please be sure to credit Vilmarie Cintrón-Olivieri as the artist.

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Rejoice and be Happy

Mark Gather together ♦ Read together

Remember

We gather to recall who Christ calls blessed.

Listen

"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."
Matthew 5:11-12 (NRSVUE)

"When you try and do these things, you will be blessed and happy."
p.324, Growing in God's Love

Note from the Artist

"Las y los profetas"
"The Prophets"
Watercolor paints and black marker

Painted in gratitude for the prophets and saints that came before and left a legacy of love, faith, justice, and peace. May we be counted among them one day.

Reflect

We wonder...



- What do you observe in the art?
- How do you rejoice?
- How have you showed God's love and justice?

Act ➡

- Make a list naming prophets and saints in your life.
- Draw how you feel blessed by God.
- Make plans to act with love and faith this week.

Pray

God, thank you for all who show compassion and love. Help us to do the same. Amen

Blessing

The Lord bless and keep your going out, and your coming in, from this time on and forevermore. **Alleluia!** Psalm 121:8

