

Faith Formation Resources - Week of 5/24

This week's Faith Formation resource is based on Saturday's Gospel reading: The Beatitudes. "Beatitude" is a word that means "Blessedness." In the Beatitudes, Jesus teaches us about ways to be happy. Some of them are the opposite of the ways we normally think happiness works.

Something to read:

1. Here's what Jesus says in Matthew 5: 1-12. I'm using the Easy-to-Read version. (ERV)

When Jesus saw the crowds of people there, he went up on a hill and sat down. His followers came and sat next to him. Then Jesus began teaching the people. He said,

"Great blessings belong to those who know they are spiritually in need.

God's kingdom belongs to them.

Great blessings belong to those who are sad now.

God will comfort them.

Great blessings belong to those who are humble.

They will be given the land God promised.

Great blessings belong to those who want to do right more than anything else.

God will fully satisfy them.

Great blessings belong to those who show mercy to others.

Mercy will be given to them.

Great blessings belong to those whose thoughts are pure.

They will be with God.

Great blessings belong to those who work to bring peace.

God will call them his sons and daughters.

Great blessings belong to those who suffer persecution for doing what is right.

God's kingdom belongs to them."

"People will insult you and hurt you. They will lie and say all kinds of evil things about you because you follow me. But when they do that, know that great blessings belong to you. Be happy about it. Be very glad because you have a great reward waiting for you in heaven. People did these same bad things to the prophets who lived before you.

2. A story about someone who embodied many of the Beatitudes - Harriet Tubman:
<https://www.youtube.com/watch?v=hvuSK59gX-A>
3. For those who are a little older - these are articles written about the Beatitudes (and the longer speech they're a part of, the Sermon on the Mount) by the Franciscan Father Richard Rohr.
<https://cac.org/tag/beatitudes/>

Something to Listen to:

1. A sung version of the Beatitudes - David Haas' "Blest Are They"
<https://www.youtube.com/watch?v=BzCG6xTG8qg>
2. Another song about the Beatitudes - done with motions for kids:
<https://www.youtube.com/watch?v=XRQVj39WkDE>

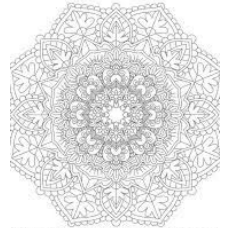
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Something to Watch:

1. A video about the beatitudes, geared toward teens: <https://www.youtube.com/watch?v=wxWCspyE7Iq>
2. A modern twist on the Beatitudes, by Lutheran preacher Nadia Bolz-Weber: <https://www.youtube.com/watch?v=ctcjNCrGyT8>

Something to Do:

1. Cards to print out with Beatitude prayers - decorate a bulletin board, put them up around the house, or stack them on your desk, and focus on one or two each day this week: <https://docs.google.com/file/d/0B0RweH-3Ryl0amtqbzNqd0o1M2s/edit>
2. Here's a coloring mandala based on "Blessed are the Poor in Spirit." (small version at right - to get the full image, click the link!) <https://koriathome.com/free-printable-beatitude-coloring-page-adults/>



BLESSED ARE THE POOR IN SPIRIT
for theirs is the kingdom of heaven
Matthew 5:3

Something to Pray:

1. A booklet with prayers for each of the beatitudes: <http://lmpc.org/wp-content/uploads/2016/08/Beatitudes.pdf>
2. A one-page version: <https://lifeinthelabyrinth.com/2015/04/21/praying-the-beatitudes/>

A Prayer Practice to try: Make a Faith-Based Vision Board!

We talked briefly about vision boards this week in Children's Church, but this is a slightly deeper dive into the process of making a board as a spiritual practice.

STEP 1 – Pray

Find a quiet spot and spend some time talking to God, and, just as importantly, listening. What plans does God have for you? Pay attention to not only what you want to achieve, but what kind of person you want to be.
Hint: the Beatitudes might be helpful here... :-)

STEP 2 – Write a response to your time of prayer

Get everything out of your head and on paper. Any and every goal you might want to achieve.

STEP 3 – Pick 3 Goals

Pick three goals to focus on. You can't do everything at once! As you're picking, I invite you to open yourself up again in prayer and see which goals really resonate with your spirit.

STEP 4 – Create your board

Find a large piece of paper or poster board. Grab some markers or other art supplies, as well as some old magazines (or download some pictures off the internet).
On your board, put your 3 main goals and a Bible verse that really speaks to your goals. Under those add some pictures for some goals that you have for each of the categories.

STEP 5 - Find a place for your board (public or private) and put it up so you can see it!