

The Beatitudes and The Be-Attitudes

Contributed by Sr. Jo Ann Poplar

The Beatitudes is one example of scripture that illustrates how God is always with us. From the beginning and the end full circle.

I invite you to read The Beatitudes (Matthew 5: 3-12). Take note of words such as poor, mourn, hunger, thirst and persecuted.

THE BEATITUDES

1) Blessed are the poor in Spirit , for there is the kingdom of heaven	5) Blessed are the Merciful , for they shall obtain mercy
2) Blessed are those who mourn , for they shall be comforted	6) Blessed are the pure of heart , for they shall see God.
3) Blessed are the meek , for they shall inherit the earth.	7) Blessed are the peace makers , for they shall be called sons of God.
4) Blessed are those who hunger and thirst for righteousness , for they shall be satisfy.	8) Blessed are those who are persecuted , for righteousness sake, for theirs is the kingdom of Heaven.

What scripture verse, quote or event in your life can you relate to in these words?

What feelings resonate within your heart?

Look again at the scripture and this time go deeper to see how God is in the midst, reassuring us, holding us, giving us words of encouragement such as blessed, comforted, mercy peacemakers. "They shall be filled", "They shall be comforted" "They shall see God" and "They shall be called children of God"

God truly is the Alpha and the Omega, the beginning and the End and demonstrates an encircling love by guaranteeing us that “ours is the Kingdom of heaven” as stated in Matthew 5: v3 and v10.

Now I invite you to take a look at a more contemporary version of beatitudes. See in Jackie Deems’ version that she illustrates human relationship through grief, comfort, compassion and being in the present moment of what that individual is experiencing or feeling.

Be-Attitudes...for those who comfort

by: Jackie Deems *Reprinted with permission from Burlington Bereavement Resource Council, Perspectives, Volume 3 No. 4, December 1990*

Blessed are those who do not use tears to measure the true feelings of the bereaved

Blessed are those who do not always have a quick “comforting” answer

Blessed are those who do not make judgements on the bereaved’s closeness to God by their reaction to the loss of their loved one

Blessed are those who hear with their hearts and not with their minds

Blessed are those who allow the bereaved enough time to heal

Blessed are those who admit their uncomfortableness and put it aside to help the bereaved

Blessed are those who do not give unwanted advice

Blessed are those who continue to call, visit and reach out when the crowd has dwindled and the wounded are left standing alone

Blessed are those who know the worth of each person as a unique individual and do not pretend that they can be replaced or forgotten

Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.

As you reflect and compare the Beatitudes and the Be-Attitudes, do what empowers you such as journaling, meditating, listening to music or walking in nature. Support and validate your feelings because God is in the midst always.