



Year A – 4th Sunday of Ordinary Time: Beatitudes - Focus on Meekness

***{Start with reviewing the previous meeting's challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Mt 5:1-12a** - <https://bible.usccb.org/> - 1/29/2023, 2/1/2026, 2/4/2029

After the Reading Conclude with this prayer:

Dear Jesus, today You have shared with us a picture of who You are through the Beatitudes. We hear You speaking to us one on one, offering us guidance on how to live our lives so that we can conform to You. Help us to understand, submit, follow, and share this knowledge so that one day we may be in heaven with You. Amen.

Reflection or Discussion Question:

1. Do you find the Beatitudes easy or hard to understand? Why? *{Blessed are those that...are poor in spirit, mourn, are meek, hunger and thirst for righteousness, are merciful, are peacemakers, are persecuted for the sake of righteousness, are insulted and persecuted.}*
2. What does meekness mean to you?

YouTube Video: "The Beatitudes" with Fr. John Riccardo (12:43) <https://youtu.be/G6FIzqKE8kM>

Reflection or Discussion Questions:

3. Do you relate to certain Beatitudes versus others? If so, which ones? Do you agree with Fr. Riccardo that we need to strive to live out all of the Beatitudes?
4. Fr. Riccardo defines meekness as "strength under control" or "harnessed". Does his definition change the way you view meekness? What are ways we can grow in meekness?
5. Do you agree with Fr. Riccardo that our (meaning Catholics/Christians) discourse with each other doesn't sound human especially on social media? What can we do to become better at engaging others in a truly Christian way?
6. Do you ever struggle with knowing when to speak with conviction or when to harness and stay silent?
7. Do you have any suggestions to help become more aware of when to speak in truth and charity and when it's best to stay silent?

Session Challenges: {Choose one or both}

- Pay attention to the thoughts you have about others. Do they bring peace and calm or anger and confusion? Make an effort to rephrase these thoughts in your head by looking through the lens of meekness and love.
- Become very aware of the language you speak. How often are the words you speak lacking meekness? Make an effort to speak less and listen more.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Dear Jesus, You have given us a roadmap of how to be like You through the Beatitudes. We pray that You take the reins in our lives. Make us meek. We wish to fully submit to You and become like You. Please continue to be patient with us as we are like little children; we stumble and fall when learning to walk. Help us to understand the Beatitudes and how they can be better implemented into our daily lives. Allow us to especially consider our thoughts and words when we think about and speak of others. Guide us to focus on speaking out of sincere love; not to please others, but authentic love that brings Your peace and joy to us and others. Amen.*

{Optional additional Readings} Sunday Reading 1: **Zep 2:3; 3:12-13**; Sunday Reading 2: **1 Cor 1:26-31**