

Wisdom of Our Catholic Tradition

“By this grace [grace of the sacrament of Matrimony] they help one another to attain holiness in their married life and in welcoming and educating their children.” Catechism of the Catholic Church #1641

“The Beatitudes . . . shed light on the actions and attitudes characteristic of the Christian life.” Catechism of the Catholic Church #1717

“The Beatitudes are not specifically concerned with certain particular rules of behavior. Rather, they speak of basic attitudes and dispositions in life.” Blessed John Paul II

Speak, LORD, for your servant is listening.

1 Samuel 3:9

THE BEATITUDES

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 receive mercy.

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

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

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

Matthew 5: 3-10

Prepare for the next session by reading Chapters 3 and 9 from **Blessed is Marriage: A Guide to the Beatitudes for Catholic Couples.**

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The BEATITUDES: A Couple's Path to Greater Joy

Session One

Your Marriage is Your Call to Holiness

Before You Begin

As you enjoy your time together alone, look over this booklet and choose one or more of the activities that you find most interesting to the two of you. If any activity threatens to take the fun out of your time together, set it aside and agree to discuss it at another time.

What is Holiness?

“Holiness does not consist of not making mistakes or never sinning. Holiness grows with the capacity for conversion, repentance, willingness to begin again, and above all with the capacity for reconciliation and forgiveness.”

Pope Benedict XVI

“A divine voice sings through all creation.”

Traditional Jewish prayer

Just For Fun

Try to guess your spouse's favorite song.

Your spouse may give you feedback by saying: “cold,” “warm,” or “hot” to indicate how close your guess is to the correct answer. (cold = distant; warm = close; hot = very close)

Stories

Share with your spouse a recent situation in which you were touched by the goodness and kindness of someone.

Share with your spouse your first memories of praying as a child, and who taught you to pray.

***“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.”***

Matthew 5:3

*“Poverty of spirit is my awareness that I need God’s
help and mercy more than I need anything else.”*

Jim Forest

Questions for Your Conversation

- ♥ If God sang to you a love song, which one would he choose?
- ♥ How do you experience God’s grace in your marriage?
- ♥ What situations in your life remind you that you need God?
- ♥ What do you pray for in your marriage?
- ♥ How often do you and your spouse pray together?
- ♥ What does being poor in spirit mean to you? What do you need to do to grow in poverty in spirit?
- ♥ Ask yourself: When do I listen to God’s voice? Do I hear him? Are we singing his song or our own song?
- ♥ What can you do to teach your children and grandchildren the attitude of poverty in spirit?

More Questions

See pages 15, 22, and 23 in **Blessed is Marriage**.

More Fun

Find the words to the right in this **Word Search**. Words are backwards and forward, in all directions, some words overlap.

I	M	B	O	D	I	E	A	H	G	R	Marriage Holiness Poor Kingdom Beatitudes Blessed Listen Voice God Grace Spirit Heaven
G	A	N	L	I	S	T	E	N	T	O	
O	R	D	E	E	A	O	E	H	S	O	
N	R	E	O	C	S	V	S	P	S	P	
L	I	V	S	V	A	S	I	S	U	L	
D	A	L	E	E	A	R	E	G	I	T	
B	G	H	H	K	I	N	G	D	O	M	
S	E	D	U	T	I	T	A	E	B	E	
S	S	L	D	L	L	E	H	R	S	T	
K	A	V	O	I	C	E	S	U	A	G	
E	M	H	G	V	I	A	A	A	A	V	

Solution: www.happy-together.net → The Beatitudes

Action for This Week

Put your initials by at least one action that you commit to do this week, then share with your spouse.

I will listen to my spouse without interrupting.	
I will set aside some quiet time to listen to God.	
I will pay attention to what my spouse is saying.	
I will pray for my spouse each day.	
I will pray with my spouse this week.	
I will attend Mass with my spouse.	