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**February 1<sup>st</sup> 2026 4<sup>th</sup> Sunday Ordinary Time – Year A – Matthew 5: 1 - 12**

<sup>5-1</sup>And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him: <sup>2</sup>And he opened his mouth, and taught them, saying,

<sup>3</sup>Blessed are the poor in spirit: for theirs is the kingdom of heaven.

<sup>4</sup>Blessed are they that mourn: for they shall be comforted.

<sup>5</sup>Blessed are the meek: for they shall inherit the earth.

<sup>6</sup>Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

<sup>7</sup>Blessed are the merciful: for they shall obtain mercy.

<sup>8</sup>Blessed are the pure in heart: for they shall see God.

<sup>9</sup>Blessed are the peacemakers: for they shall be called the children of God.

<sup>10</sup>Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

<sup>11</sup>Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

<sup>12</sup>Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

➤ **Read and re-read** – out loud and slowly the Gospel.

➤ **Meditate** - on reading as being spoken to you, an experience in your life.

➤ **Pray** - Thanksgiving – Repentance – Petition.

➤ **Action** – Attitude (Call to change / to act /to do).

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In this Sunday's gospel we have the Sermon on the Mount. The word 'happy' appears nine times in this gospel. This is often translated as 'Blessed'. Jesus is speaking of facts of life not just teachings. All the beatitudes speak of our inner dispositions which are reflected in our daily words and actions. They are ideals of human behaviour at every level of our lives. At any stage in our lives we will find that one of the beatitudes either gives us joy or maybe even sometimes upset.

When have you experienced a deep and blessed experience through the better understanding of a particular beatitude which you may have been avoiding?

**Prayer:**

**Thank You Lord** for the peacemakers of this world which are now more needed than ever. They help us to look at others with compassion and an open heart.

**Forgive us Lord** as a church for thinking we are superior to others and feed our ego by trying to be popular with those on our side rather than reaching out for the 'lost sheep' which is what Jesus requires of us.

**Help us Lord** to be 'Pure of Heart' and free from ego-centred-ness. Let us look at people with open hearts and compassion which will help peace and joy to come into our very troubled world.