

FAITH @Home

13 FEBRUARY 2022 | VOL.II ISSUE 11

Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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SIXTH SUNDAY IN ORDINARY TIME

Year C

Sunday Mass Readings

First Reading:

Jeremiah 17:5-8

Responsorial Psalm:

Psalm 1:1-4, 6

Second Reading:

1 Corinthians 15:12, 16-20

Gospel:

Luke 6:17, 20-26

*"Happy you who are hungry now:
you shall be satisfied..."*



James Tissot, Public domain, via Wikimedia Commons

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Check out [this video](#) of the Gospel for children.

Pray

In the Gospel today we hear Jesus preaching part of what is often called His Sermon on the Mount, or in Luke's Gospel, the Sermon on the Plain. We focus in on the Beatitudes. Take some time to reflect on the key message of this week's Gospel. Think about the following:

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Imagine yourself in this scene: how do these words strike your heart? Do you feel challenged? Do you feel encouraged? Do you feel confused?
- The Beatitudes are a reminder to us again that joy is deeper than circumstantial happiness. What blessings are in your life? Can you spend 5 minutes each morning when you wake thanking God for 10 blessings in your life at the moment or in the past?

Talk

Today's Gospel teaches us a lot about what joy in the Lord means versus success in the eyes of the world!

- Can you think of people who are really successful in today's world? What have they achieved? Are they rich? Are they famous? Do you think they have everything that is important in life?
- Who are the people you know who are happiest in life? Do you know anyone whose life is challenging, but they can always be joyful and see the good in life?
- Based on today's reading, what kind of life is Jesus calling us to live? What kind of priorities should we have? What kind of things should we not give too much importance to?

Family Challenge!

How can you live out the Beatitudes as a family this week? Can you be thankful for all the blessings God has given you? Can you try to complain less? Can you be more humble, a peace-maker, less interested in material things?

Kids Corner

Check out page 3 for a picture to colour from this week's readings!

Song of the Week!
THE BEATITUDES

Mission: Jesus wants you to be happy! Being happy doesn't mean having everything you think you want though: even when times are tough we can still be joyful. Live out an attitude of joy this week, even if things go wrong!

Please email us at faithathome@waterfordlismore.ie [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email youthministry@waterfordlismore.ie

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A FRAMEWORK FOR CHRISTIAN LIVING

Today's gospel reading is the beginning of what is often called the Sermon on the Plain. We find a parallel to this passage in Matthew 5:1-7,11 that is often called the Sermon on the Mount. As these titles suggest, there are differences and similarities between these gospel readings.

When spoken from the mountaintop in Matthew's Gospel, we can't miss the impression that Jesus is speaking with the authority and voice of God. The mountaintop is a symbol of closeness to God. Those who ascend the mountain see God and speak for God; recall the story of Moses and the Ten Commandments. As Luke introduces the location of Jesus' teaching, Jesus teaches on level ground, alongside the disciples and the crowd. Luke presents Jesus' authority in a different light. He is God among us.

Another distinction found in Luke's version is the audience. Luke's Sermon on the Plain is addressed to Jesus' disciples, although in the presence of the crowd; Matthew's Sermon on the Mount is addressed to the crowd. In keeping with this style, the Beatitudes in Luke's Gospel sound more personal than those in Matthew's Gospel—Luke uses the article "you" whereas Matthew uses "they" or "those." There is also a difference in number: Matthew describes eight beatitudes; Luke presents just four, each of which has a parallel warning.

The form of the Beatitudes found in Luke's and Matthew's Gospel is not unique to Jesus. Beatitudes are found in the Old Testament, such as in the Psalms and in Wisdom literature. They are a way to teach about who will find favour with God. The word blessed in this context might be translated as "happy," "fortunate," or "favoured."

As we listen to this Gospel, the Beatitudes jar our sensibilities. Those who are poor, hungry, weeping, or persecuted are called blessed. This is, indeed, a Gospel of reversals. Those often thought to have been forgotten by God are called blessed. In the list of "woes," those whom we might ordinarily describe as blessed by God are warned about their peril. Riches, possessions, laughter, reputation . . . these are not things that we can depend upon as sources of eternal happiness. They not only fail to deliver on their promise; our misplaced trust in them will lead to our demise. The ultimate peril is in misidentifying the source of our eternal happiness.

The Beatitudes are often described as a framework for Christian living. Our vocation as Christians is not to be first in this world, but rather to be first in the eyes of God. We are challenged to examine our present situation in the context of our ultimate horizon, the Kingdom of God.

Adapted from Loyola Press - Sunday Connection (click here)

CHECK IT OUT: ABIDING TOGETHER

Abiding Together is a weekly podcast hosted by Michelle Benzinger, Sr. Miriam James Heidland, and Heather Khym, providing a place of connection, rest and encouragement for people who are on the journey of living out their passion and purpose in Jesus Christ. With book studies, podcasts for liturgical seasons, Apostolic Letters and series, these podcasts are full of inspirational wisdom and encouragement, particularly for Catholic women who want to go deeper in their faith.



EVENTS

The Chosen: Tuesdays (1 Feb - 29 March), 2 - 2.30pm, St John's Pastoral Centre. Come watch an episode with the Apostles of the Sacred Heart of Jesus and stay for a chat and a cuppa!
RSVP Sr Shawn 087 4042785 / waterford@asqj.us.org

The Chosen: Zoom Series, Wednesday nights, 8 - 9.15pm, 2 Feb - 30 March
www.waterfordlismore.ie for more information

Cherished: upcoming retreat at Glencomeragh House for women aged 18-50: February 25 - 27th. To book: info@holymfamilymission.ie / Shauna (087) 1378364. www.waterfordlismore.ie for more info

Encounter: gathering for young adults aged 18-35 in St John's Church, Waterford, Fri 11th March, 8pm, Talk - Music - Prayer - Refreshments. Free Admission. More info: www.waterfordlismore.ie

Family Prayer

Lord Jesus, the Beatitudes were at the very heart of your preaching and mission. Thank you for this road map on how to live a life worthy of you. Give us the grace and strength we need to choose joy in every aspect of our lives. Amen

"Joy is the gigantic secret of the Christian."
GK Chesterton



ARE YOU BLESSED?

This Gospel passage tells the familiar story of the Sermon on the Mount, (or in Matthew's Gospel, the Mount), or part of it anyway, the part we refer to as the Beatitudes. If Jesus was running a modern day marketing campaign for the Church, people would think He was crazy! Happy are the meek, the persecuted, those who mourn, those who hunger... really? That just doesn't make sense, or at least not by the world's standards. Jesus knows our happiness cannot be based on the circumstances we find ourselves in, or our achievements or power or wealth: all these things are fickle and fleeting. True joy is based on the sure knowledge that we are created and loved by God, and no matter what life may throw at us, from bad weather, difficult exams, strained friendships, match losses, breakups, sickness and even death, we know that nothing can separate us from the love of Christ. United with Him, with our eyes fixed firmly on Him, we can choose joy in any circumstance. Our ultimate goal can't be earthly happiness: our ultimate goal is heaven, and any losses or inconveniences or suffering we may have to go through on our way there will pale into insignificance against the glory and never-ending joy of Heaven!

Take note this week of how often you are tempted to complain. Do you find yourself complaining about things that aren't even that important? Has it become a habit? Try for a whole day not to complain about anything. Instead say a silent prayer offering up the inconvenience, or asking God to bless those who annoy you! Say something positive and affirming instead!

VIDEO: "Why joy is more Christian than happiness" (Fr Mike)

TUNE: The Beatitudes - Hillsong

RESOURCE: Choose Joy





Luke 6:17, 20-26

CHECK OUT WHAT
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT THE
BEATITUDES
CCC 1716

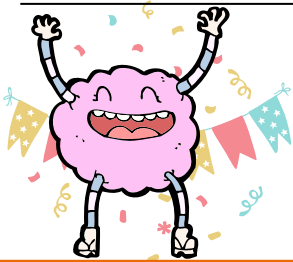


"JOY IS THE GIGANTIC SECRET OF THE CHRISTIAN." GK CHESTERON

Choose Joy!

"Joy lives not in the things that surround us, but lives only in the soul."
St Thérèse of Lisieux

WHAT KIND OF THINGS PUT YOU IN A BAD MOOD?



DESCRIBE A DAY THAT WOULD MAKE YOU COMPLETELY HAPPY!

WATCH THIS VIDEO FROM FR MIKE SCHMITZ "WHY JOY IS MORE CHRISTIAN THAN HAPPINESS" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What do we all long for, according to Fr Mike at the beginning of this video?

Fr Mike describes happiness as "experiential": what levels of happiness does he mention e.g. pleasure

What is the difficulty in thinking that we'll be happy when we get what we want?

Happiness is circumstantial: what does this mean?

We long for happiness, but what are we made for?

The UC Berkley Study found that we need to learn how to be happy: we don't understand happiness. **Our idea of happiness is very self-focussed. What does this mean?**

Our idea of happiness is false: we can falsely think if we are not experiencing a heightened sense of _____ that we are not happy.

What word appears frequently in Scripture?



The Christian understanding of joy means that in any _____ or _____ we can have joy!

JOY CAN BE DEFINED AS AN
ABIDING AND PERVERSIVE
SENSE OF WELLBEING.



This means that even in the middle of a crisis, or sorrow, or sadness or uncertainty we can still have joy, for **one reason**. What / Who is that reason?

CHOOSE JOY

LUKE 6:17, 20-26

Until Christ came, people believed either in chance or in the gods. The gods were fickle and uncaring. What did Jesus reveal about the heart of who God is?

I can choose joy in any circumstance or situation, regardless of what happens to me because God knows my _____, He loves _____ and He's _____.

IN THE MIDST OF GREAT PAIN, SORROW, UNCERTAINTY,
I AM NOT AFRAID BECAUSE I'M NOT ALONE, GOD IS HERE WITH ME.



Now Read Luke 6:17, 20-26



This Gospel passage tells the familiar story of the Sermon on the Mount, (or in Matthew's Gospel, the Mount), or part of it anyway, the part we refer to as the Beatitudes. If Jesus was running a modern day marketing campaign for the Church, people would think He was crazy! Happy are the meek, the persecuted, those who mourn, those who hunger...

really? That just doesn't make sense, or at least not by the world's standards. Jesus knows our happiness cannot be based on the circumstances we find ourselves in, or our achievements or power or wealth: all these things are fickle and fleeting. True joy is based on the sure knowledge that we are created and loved by God, and no matter what life may throw at us, from bad weather, difficult exams, strained friendships, match losses, breakups, sickness and even death, we know that nothing can separate us from the love of Christ. United with Him, with our eyes fixed firmly on Him, we can choose joy in any circumstance. Our ultimate goal can't be earthly happiness: our ultimate goal is heaven, and any losses or inconveniences or suffering we may have to go through on our way there will pale into insignificance against the glory and never-ending joy of Heaven!

MISSION!

TAKE NOTE THIS WEEK OF HOW OFTEN YOU ARE TEMPTED TO COMPLAIN. DO YOU FIND YOURSELF COMPLAINING ABOUT THINGS THAT AREN'T EVEN THAT IMPORTANT? HAS IT BECOME A HABIT? TRY FOR A WHOLE DAY NOT TO COMPLAIN ABOUT ANYTHING. INSTEAD SAY A SILENT PRAYER OFFERING UP THE INCONVENIENCE, OR ASKING GOD TO BLESS THOSE WHO ANNOY YOU! SAY SOMETHING POSITIVE AND AFFIRMING INSTEAD!



PRAYER TIME!

Thank You, Jesus for always being with me. Grant me the grace and strength to daily choose You and the joy You promise me. Sorrows and difficulties will come my way, trials are inevitable, but send Your Holy Spirit to remind me I need never be afraid because You are always with me. You know my name and You love me. Because of that, joy is always possible! Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON CHOOSING JOY IN ALL THINGS



- [The Beatitudes - Hillsong](#)
- [O Mercy - Stu G](#)
- [Be One - Natalie Grant](#)
- [Hosanna - Hillsong](#)
- [Blessed Be - Jason Gray](#)
- [Blessed are the Ones - Audrey Assad](#)
- [Blessed are the Humble - Graham Kendrick](#)
- [We are Blessed - All Sons & Daughters](#)
- [Trading my Sorrows - Israel Houghton](#)
- [Joy - Rend Collective](#)

Click the links for the YouTube videos to listen to some suggestions!



2:26 MINS



The Beatitudes - ODB Films

2:06 MINS



What are the Beatitudes? Tweeting with God

12:29 MINS



HFM Testimony: Watch John's story of how he was able to choose joy in his life!