



TO THE Heights

SIXTH SUNDAY IN ORDINARY TIME

✉ youthministry@waterfordlismore.ie



James Tissot, Public domain, via Wikimedia Commons

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..."*

Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints, or as we like to call them, Game Changers!

You can check out our GameChanger Series resources, free to download [by clicking here!](#)

14 February [Saint Valentine](#)

14 February [Saints Cyril and Methodius](#)

17 February [The Seven Holy Founders of the Servite Order](#)
[Saint Fintan \(Abbot\)](#)



Hear

Grab your Bible and look up the Gospel reading. Don't have a Bible? No worries, click the bible image!

Check out how "The Chosen" series presented this scene! Full episode [here](#) (start at 58:30)



1. Who was Jesus focussed on as He began this sermon?
2. How many "happy" or "blessed" statements does Jesus make?
3. How many warnings does He issue?
4. In what ways are these messages contrary to the messages the world normally gives e.g. what does society normally say about people who are poor, hungry, mourning, hated?
5. Compare this with the version in Matthew 5:1-12: what similarities and differences do you see?
6. What does this passage tell us about the compassionate heart of Jesus?



Gospel Reflection: 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)

"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 Plain (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!



TEACHER'S CORNER

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@ascjus.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 - 27.
To book: info@holyfamilymission.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



TESTIMONY TIME

Holy Family Mission Testimony

"I experienced this moment of what I can only describe as pure grace..."

WITH JOHN



Young Person's Prayer

Thank You, Jesus for always being with me.
Grant me the grace and strength to daily choose You and the joy You promise me.
Sorrow 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



TUNE OF THE WEEK

The Beatitudes

Hillsong



WEEKLY CHALLENGE:

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!

WATCH: VIDEO: Why Joy is more Christian than happiness (Fr Mike)



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.

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

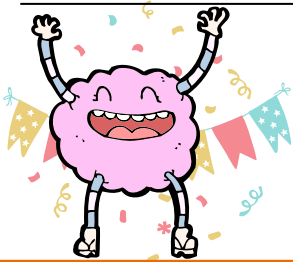


"JOY IS THE GIGANTIC SECRET OF THE CHRISTIAN." GK CHESTERON

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 PERVASIVE
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!