

To the Heights

FOURTH SUNDAY IN ORDINARY TIME

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Month of the
Holy Name of
Jesus

www.waterfordlismore.ie/youth-ministry



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AscendWaterfordLismoreYM



Ascend Youth Ministry



Year A



Hear Click the Bible
image for this
week's readings
if you don't
have a Bible
handy!

Sunday Mass Readings

FIRST READING:

Zephaniah 2:3, 3:12-13

RESPONSORIAL PSALM:

Psalms 145(146): 6-10

SECOND READING:

1 Corinthians 1:26-31

GOSPEL:

Matthew 5:1-12a

"Rejoice and be glad, for your
reward will be great in heaven."

Reflect



1. Who was Jesus speaking to in this sermon?
2. How many "happy" or "blessed" statements does Jesus make?
3. 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?
4. Compare this with the version in Luke 6:17, 20-26 what similarities and differences do you see?
5. What does this passage tell us about the compassionate heart of Jesus?

Game Changers

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

Check them out on our web page!

30 January	St Aidan, Bishop
31 January	St John Bosco
1 February	St Brigid (Patroness of Ireland)
2 February	Presentation of Our Lord
3 February	St Blaise, Bishop and Martyr



CHECK IT OUT: CLONMACNOIS PRESS



Clonmacnois Press aims to be a witness to hope and to answer the ancient call of proclaiming the Gospel with a new ardour. It seeks to revive the old tradition of Clonmacnois whereby beautifully illustrated manuscripts were produced and spread outwards to a surrounding world that so hungered for the Gospel in the era following the collapse of the Roman Empire. They are committed to providing Catholic resources which serve the New Evangelisation and which have an Irish connection in their origin. Check out their beautiful "My First Holy Communion" Book, and the "Catholicism Beyond" Video Series.



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

CHOOSE JOY!

Today's Gospel passage tells the familiar story of the Sermon on 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!

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!



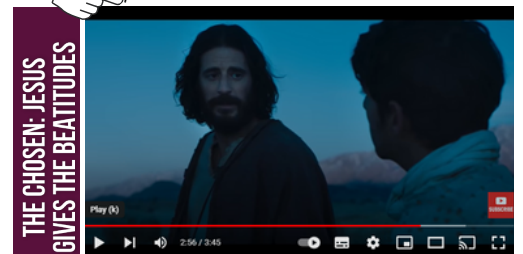
Why Joy is More Christian than Happiness
(Fr Mike Schmitz)



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. 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



WHAT'S ON

Holy Mass to celebrate Consecrated Life in the Diocese. Tuesday 2nd February at 7pm in the Cathedral of the Most Holy Trinity, Waterford.

Lectio Divina: Join with the Apostles of the Sacred Heart of Jesus to prayerfully read the Sunday Gospel, share and enjoy a chat over a cuppa. No cost. No experience reading the Bible needed. Queries: Sr. Kathryn 087 404 2784. Tuesdays, 2:30-4pm- St John's Pastoral Centre or Thursdays, 7:30-9pm- Sacred Heart Convent, Cedar Lodge (Newtown Rd.)

Intro to Theology of the Body Study Group. The Foyer of Charity, Dunmore East Waterford, X91 FC65. Tues 11am - 12.30pm. February 21- April 18. Prayer, DVD, Discussion, Tea/Coffee. Registration Essential: Helen 086 1678027 / hellywilliams@gmail.com

The Secret of Mary, St Louis de Montfort: The Foyer of Charity, Dunmore East Waterford, X91 FC65. Saturdays 11am - 12 midday. February 25th for 12 weeks. Prayer, Teaching, Cuppa. Registration Essential: Helen 086 1678027 / hellywilliams@gmail.com

Puzzle



FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!

blessed
comforted
gentle
happy
happy
heaven
heritage
hunger
kingdom
merciful
mourn
peacemakers
persecuted
poor in spirit
pure in heart
satisfied
thirst

E	L	T	N	E	G	R	L	X	X	G	P	Y	C	N	F	U
E	B	O	X	J	G	U	E	P	P	O	M	O	P	K	C	J
W	F	H	U	U	F	J	K	G	O	L	M	T	M	P	I	S
Q	R	L	D	I	P	I	B	R	N	F	K	S	D	B	A	M
Z	K	G	C	J	H	E	I	L	O	U	O	R	E	T	R	H
E	L	R	C	E	V	N	A	R	J	Q	H	I	T	T	S	U
D	E	Z	A	V	S	W	T	C	Q	J	P	H	U	L	V	P
M	N	V	T	P	D	E	S	S	E	L	B	T	C	M	I	K
Z	E	X	I	H	D	L	J	S	I	M	V	H	E	K	C	V
N	M	R	K	G	I	W	E	N	E	J	A	F	S	M	J	Z
K	I	Q	I	Y	F	R	J	P	X	G	H	K	R	J	A	I
T	G	M	N	X	U	R	S	J	R	K	A	X	E	D	O	C
X	J	N	G	R	M	S	N	T	Z	W	P	T	P	R	F	D
C	V	S	D	T	O	L	R	U	B	X	P	Q	I	Y	S	C
W	O	A	O	B	U	A	K	M	I	O	Y	I	W	R	A	Z
O	U	I	M	H	R	L	K	S	A	T	I	S	F	I	E	D
P	U	R	E	I	N	H	E	A	R	T	L	V	G	H	R	H

Pick one line from the gospel to reflect on this week!



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

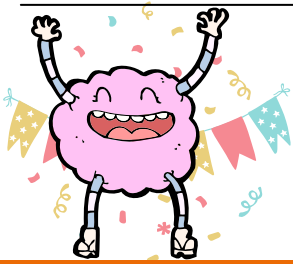


"JOY IS THE GIGANTIC SECRET OF THE CHRISTIAN." GK CHESTERON

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

MATTHEW 5:1-12

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 Matthew 5:1-12



This Gospel passage tells the familiar story of the Sermon on the Mount, (or in Luke's Gospel, the Plain), 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!