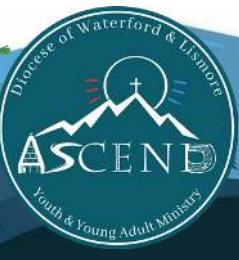




To the Heights



Year A 4TH SUNDAY IN ORDINARY TIME

Download from www.waterfordlismore.ie/resources or subscribe to receive by email!

SPOTLIGHT!

Fun and games at the REvive Conference 2026 in SETU Arena!



HEAR!



Sunday Gospel

Matthew 5:1-12a

If you don't have a Bible handy, [click here](#) to access Sunday Mass Readings!

Image: www.press.thechosen.tv

TUNE!



NOTHING ELSE
Cody Carnes



GROW



Check out this interview with Oliver Callan on RTÉ Radio 1 and find out why these two lads chose 12 chapels over 12 pubs for Christmas!



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!

POPE'S INTENTION FOR FEBRUARY

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.



FR MIKE SCHMITZ

JOY IS MORE
CHRISTIAN
THAN
HAPPINESS

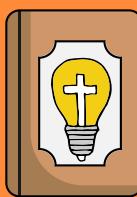


WATCH:



"Jesus Christ, Lord of all things, you see my heart, you know my desires."

REFLECT



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



GAMECHANGERS: ST AGATHA

5th February

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!



PRAY

God, I can't change the past. I can't know the future. All I have is this present moment and I give it to You. Each hour is yours, each breath is yours. Show me where You want me to spend it and how You want me to spend it. Amen

www.waterfordlismore.ie/youth-ministry

AscendWaterfordLismoreYM



ascendwaterfordlismore.ym



Ascend Youth Ministry

To the Heights

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

**HIS
WORD &
MY LIFE!**



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!

RESPOND:



What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



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

PUZZLE

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



DOODLE PRAYER

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!



CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC

TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL WORSHIP GUITAR | JON SNODGRASS

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



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

CHOOSE JOY!



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

"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 INSTANTLY?



DESCRIBE A DAY THAT WOULD MAKE YOU COMPLETELY HAPPY!
WHEN IS THE LAST TIME YOU DID THESE THINGS?



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?



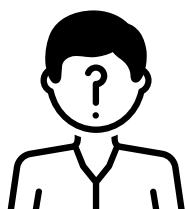
The UC Berkley Study found that we need to learn how to be happy: we don't understand happiness. **Our idea of happiness is very self-focussed. What does this mean?**

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!



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?

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

CHOOSE JOY

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.**



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



2:26 MINS



The Beatitudes -
ODB Films



What are the Beatitudes?
Tweeting with God

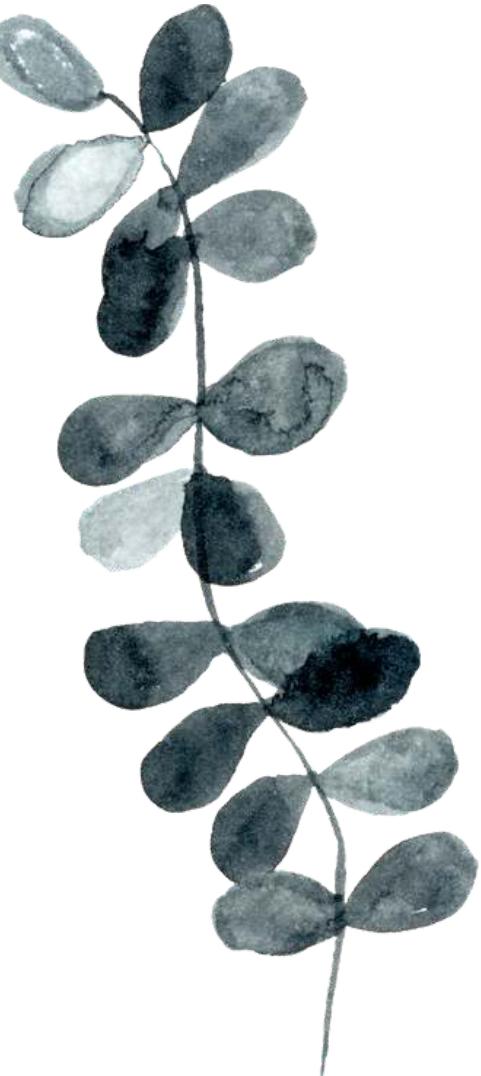


HFM Testimony: Watch John's story of how he was able to choose joy in his life!

Blessed

- 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 after righteousness, for they will be filled.
- Blessed are the merciful, for they shall be shown mercy.
- Blessed are the pure in heart, for they will see God.
- Blessed are the peacemakers, for they will be called the sons of God.
- Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.
- Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

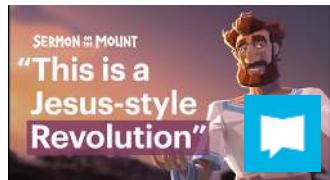
MATTHEW 5:1-12



MAN OF THE BEATITUDES

The Beatitudes are the teachings of Jesus in the Sermon on the Mount (Matthew 5:1-10). Jesus shared this teaching with his followers to explain what it really means to live as a follower of Christ, and the type of Kingdom He came to establish.

*Watch the following video: "Blessed are the Poor in Spirit":
Explore the Meaning of the Beatitudes (Bible Project)*



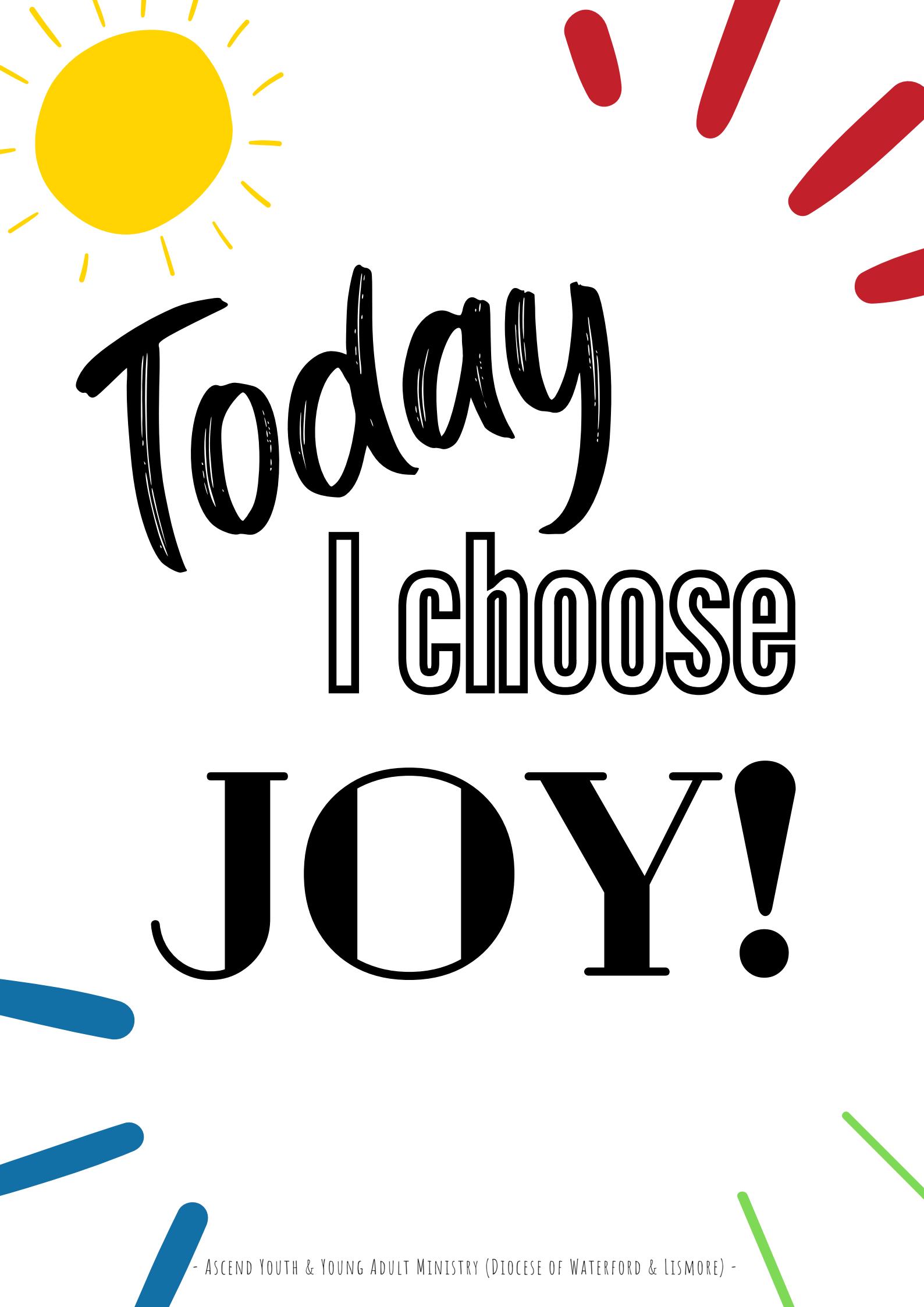
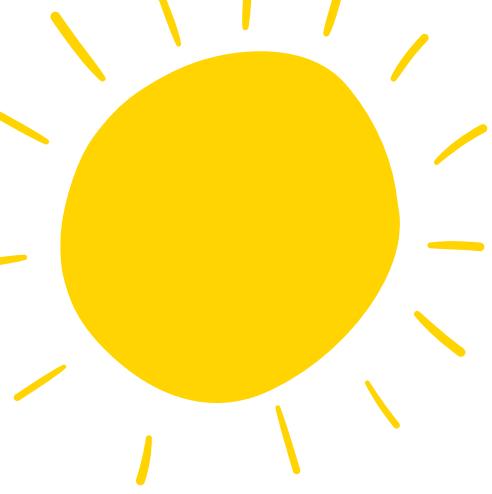
THE BEATITUDES AND PIER GIORGIO

When (Pope) St John Paul II beatified Pier Giorgio Frassati in the Year 2000 he called him "*a man of the Beatitudes*". Why do you think St John Paul II gave Pier Giorgio that title? From what you know of his life, explain each beatitude as it relates to his actions / attitude / character.

BEATITUDES	EXAMPLE(S) IN PIER GIORGIO'S LIFE
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 after righteousness, for they will be filled.	
Blessed are the merciful, for they shall be shown mercy.	
Blessed are the pure in heart, for they will see God.	
Blessed are the peacemakers, for they will be called the sons of God.	
Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.	
Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.	

- Watch the Video: Bl. Pier Giorgio Frassati (Animated Short Film) from Ascension Presents.
- Is there anything you would now add to your list?





**Today
I choose**

JOY!