

**Theme: True Happiness (Just Be-Attitude!)**

**Scripture 1:**

*Jesus saw the crowds who were there. He went up on a hill and sat down. His followers came to him. Jesus taught the people and said:*

*“Those people who know they have great spiritual needs are happy. The kingdom of heaven belongs to them.*

*Those who are sad now are happy. God will comfort them.*

*Those who are humble are happy. The earth will belong to them.*

*Those who want to do right more than anything else are happy. God will fully satisfy them.*

*Those who give mercy to others are happy. Mercy will be given to them.*

*Those who are pure in their thinking are happy. They will be with God.*

*Those who work to bring peace are happy. God will call them his sons.*

*Those who are treated badly for doing good are happy. The kingdom of heaven belongs to them.*

*“People will say bad things about you and hurt you. They will lie and say all kinds of evil things about you because you follow me. But when they do these things to you, you are happy. Rejoice and be glad. You have a great reward waiting for you in heaven. People did the same evil things to the prophets who lived before you.*

**Scripture 2:**

*The earth and everything in it belong to the Lord. The world and all its people belong to him.*

*He built it on the waters. He set it on the rivers. Who may go up on the mountain of the Lord? Who may stand in his holy Temple?*

*Only those with clean hands and pure hearts. They must not have worshiped idols. They must not have made promises in the name of a false god. It is they who will receive a blessing from the Lord.*

*The God who saves them will declare them right. They try to follow God. They look to the God of Jacob for help.*

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**Reflections on Scripture:**

What is it to be truly happy?  
What makes us truly happy?  
Why is it important to be happy?  
Is this happiness of others more important than our own happiness?  
What are your 'spiritual needs'?  
How easy or difficult is it to do any of the things that Jesus recommends in 'Scripture 1'?  
How can we, at HTA, do any of the things that Jesus recommends in 'Scripture 1'?  
To what extent do we need God's help to do these things?  
Are we really prepared to make any changes in our lives or make the sacrifices that may be required?



True Happiness Is Not Based On Circumstance

**Saint of the Week: St Nicholas Tavelic & Companions**



What did they do in order to live out the teachings of the Scriptures?  
What did they think true happiness was?  
How much were they prepared to sacrifice in order to achieve this?  
What can we learn from them?

**The World Today:**



How can we live out the Beatitudes today?  
Are the Beatitudes still relevant for today?  
How can God help us with these goals?



Reflective Music – The Beatitudes

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### Prayer:

Lord Jesus Christ,

Keep us from being preoccupied with money and worldly goods, and with trying to increase them at the expense of justice. Help us not to be ruthless with one another, and to eliminate the discord and violence that exists in the world around us.

Let us not be impatient under our own burdens and unconcerned about the burdens of others. Make us thirst for you, the fountain of all holiness, and actively spread your influence in our private lives and in society.

Grant that we may be quick to forgive and slow to condemn. Free us from our senses and our evil desires, and fix our eyes on you. Aid us to make peace in our families, in our country, and in the world.

Make us willing to suffer for the sake of right rather than to practice injustice; and do not let us discriminate against our neighbours and oppress and persecute them.

### Pope Francis:

*“Seeking happiness in material things is a sure way of being unhappy. Have courage to be truly happy.”*

### POPE FRANCIS' 10 TIPS TO BRING JOY IN ONE'S LIFE

1. Live and Let live
2. Be Giving of yourself to others
3. Proceed calmly in life
4. Have a healthy sense of leisure
5. Sunday is for families
6. Find ways to employ the youth
7. Respect and care for nature
8. Stop being negative
9. Respect others' beliefs
10. Work for peace

