

THE BEATITUDES

THE LIFE OF CHRIST WITH SAINT LUKE



Beatitudes:
 “Blessed” - Christ teaches us virtues we should strive to achieve



Virtues:
 a righteous characteristic that we work hard to cultivate in



ourselves
Passions:
 desires that become a source of sin when not controlled

WORKING TO CULTIVATE THE VIRTUES

Read **Luke 6:17-26** (Matthew 5:1-12)

News is spreading quickly that Jesus is healing people of their ailments. The crowds are traveling from near and far to find Him. As Christ descends the mountain, He is once again greeted by a massive group of people waiting for Him. After healing them, Jesus begins to teach them, but he turns the common beliefs of the time upside down. People believed that if you were rich, it was because God was pleased with you. If you were poor, sick or had a physical

1

GOAL

What are virtues and why are they important?

2

AT CHURCH

We listen and learn about Christ’s teachings in the gospel readings & the priest’s sermon.

3

AT HOME

We read the lives of the saints with our children & teach the virtues through our example.

disability, it was because of your sins.

Jesus goes on to teach everyone how they should act (virtues) and how they should not act (passions) as He proclaims, “Blessed are you who...” and “Woe to you who...”

We want to work towards acquiring the mindset and characteristics of Jesus. He is patient, loving, humble, meek, merciful, long-suffering - and these are all ways we want to act too.

The saints are guides and examples to us. They worked really hard to not give into their temptations, nor to let their desires cause them to sin. It’s really hard to achieve this, but the reward is eternal life in the Kingdom of Heaven! The saints longed for nothing else than to be united with God.

READ & DISCUSS

St. Seraphim’s Beatitudes: Blessings for Our Path to Heaven

Teaching instructions:

Use the book as an opportunity to relate how we strive to cultivate the characteristics of Christ in our own lives through the examples of the lives of the saints. They lived a life constantly working towards uniting themselves to Christ, but each of



them in their own way. We all have different life circumstances and thus the saints provide us with many ideas for how we can grow closer to God!

Please be mindful of your children’s attention span. It is better to only cover a few pages of the book with the kids deeply interested in what you are saying instead of finishing the book and no one was paying attention. When / if you see the attention of the kids’ waning, wrap that point up and that’s your stopping point for today. If the kids are longing for more of the book, keep going!! We want to cultivate a love of God and the saints. Sometimes less is more.

Ask questions about or explain concepts, such as: obedience, humility, sacrifice, intercessory prayer, and fasting to learn self control

EXTENDED LEARNING OPPORTUNITIES

The Gospel of Luke: Good News for the Poor by Fr. Lawrence Farley
pages 128 - 149

God, Where is the Wound? Healing Remedies for Today’s World by
Schemanun Siluana Vlad ~ *Lecture 5: Health, Illness, Healing and Salvation
Through Jesus Christ*

Search the Scriptures Live: The Beatitudes by Dr. Jeannie Constantinou

The Explanation of the Holy Gospel According to Luke by Blessed
Theophylact pages 64 - 72



THE BEATITUDES

AT HOME

FOR PARENTS

Therefore, take heed: children are your mirror, their illnesses are your hidden illnesses, their behavior is the overt manifestation of what you are hiding. Read the books of St. Porphyrios who teaches us very clearly what parents need to do when they have problems. The visible problems of the children are the hidden illnesses of the parents.

Schemanun Siluana Vlad

God, Where is the Wound? Healing Remedies for Today's World, page 163

Our children learn an enormous amount from us, both directly and indirectly. They watch and listen as they see how we handle stress, grief, joy, exhaustion, how we care and show respect for one another, and whether we say sorry or seek forgiveness from each other after we've made a mistake or upset each other.

Our daily example of how we live our lives are all teaching moments for our children - and they tend to copy us. If we say "please" and "thank you" to them, they tend to say it to us as well. If we mock and criticize one another, they tend to do it as well.

We also need to remember to be patient and merciful with our children as they are learning the virtues as well. How can we expect our children to do something perfectly when we, ourselves, have yet to master it? *"A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher."* Luke 6:40

HOME ACTIVITY #10

- **Patron Saints Activity:** This week, each night gather together (during dinner, before bed) and read aloud the life of one person's patron saint in your family. Together, discuss the virtues that this saint had acquired. How did they go about doing it? How can we use our patron saint's example in our own life to help us cultivate the virtues in ourselves and our family?
- **For example: Symeon the God-Receiver**

Symeon was **obedient** when the angel gave him instructions. *What does it mean to be obedient? How can I be better at it and with whom?* Symeon waited **patiently** for the arrival of Christ. *What does it mean to be patient? When are some times I could have been more patient and what could I have done differently?*

