

BLESSED

THE LESSON: MATTHEW 5

*To bless the people of our Country and the Commonwealth... the Judges and Magistrates...
the Queen's forces... all who serve mankind by their labour and learning... all thy people:
We beseech thee, good Lord.*

There's a lot of blessing going on in the Litany – had you noticed? We ask God to bless all manner of people with whom we rub shoulders each day. Have you ever stopped to wonder what “blessing” actually means? When scripture speaks about “blessing” it generally means conferring wellbeing or happiness – a state God intended our lives to be characterized by.

When God created human beings, he blessed them. Then, after the fall, he called the Patriarch Abraham and said this: “I will bless you and make your name great, so that you will *be* a blessing” (Genesis 12:2). God blesses us, and we're meant to bless others.

But before we get carried away with misconceptions about “the blessed life” we need to further explore what scripture considers the blessed life to be. What brings about true happiness, fulfillment, and peace? The Psalms tell us that those who put their trust in the Lord, living in a right relationship with him, are the ones who deserve to be called “blessed”. Jesus, in his famous Sermon on the Mount, gives us a similar lesson.

AT-HOME CHALLENGE

Each morning and evening, follow your own rule of prayer.

(IF YOU DON'T HAVE ONE, TRY SAYING THE MORNING AND EVENING PRAYERS FROM THE “FORMS OF PRAYER TO BE USED IN FAMILIES”, WHICH BEGINS ON PAGE 728 OF THE BCP. IF YOU DON'T HAVE A COPY, YOU CAN LOOK IT UP HERE: [HTTP://PRAYERBOOK.CA/RESOURCES/BCPONLINE/FAMILY-PRAYER.](http://prayerbook.ca/resources/bcponline/family-prayer))

During this unit, we're going to focus our prayers on specific people in our world.

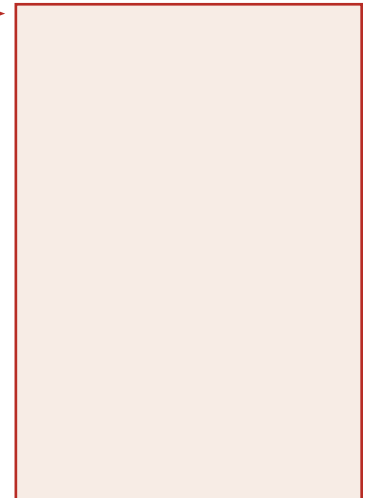
Each day this week, take time to pray for each of those named on your group's list. Ask God to bless them with wellbeing and happiness, but most of all with a right relationship with him.

- AND/OR -

Take some time to pray through this prayer.

*Almighty and merciful God, from whom cometh every good and perfect gift:
Bless, we beseech thee, the labours of thy people, and cause the earth to bring
forth her fruits abundantly in their season, that we may with grateful hearts
give thanks to thee for the same; through Jesus Christ our Lord. Amen.*

(COLLECT FOR THE ROGATIONS DAYS BEFORE ASCENSION, BCP PAGE 199)



BLESSED

MATTHEW 5: **THE BLESSED LIFE**

¹Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him.

²And he opened his mouth and taught them, saying:

³“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴“Blessed are those who mourn, for they shall be comforted.

⁵“Blessed are the meek, for they shall inherit the earth.

⁶“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

⁷“Blessed are the merciful, for they shall receive mercy.

⁸“Blessed are the pure in heart, for they shall see God.

⁹“Blessed are the peacemakers, for they shall be called sons of God.

¹⁰“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

¹¹“Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹²Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.