



Spiritual Reflection for the Family

All Saints—The Beatitudes

Materials Needed

Bible

Preparation for the Family Leader

This reflection asks your family to reflect on the beatitudes, and how you measure up to the criteria for being truly blessed.

1. Introduction to the Theme

Ask family members if they know what a “beatitude” is.

Share this definition: **beatitude** is supreme blessedness or happiness. Specifically, beatitudes are any of the nine declarations of blessedness made by Jesus in the Sermon on the Mount.

See how many beatitudes the family can name.

2. Time for Storytelling

Family members share stories of people they know (from past and present) who they feel try to live as holy people.

Storytelling for younger children:

Who do you know who really tries to love God a lot? What are they like? What do they do that shows you they are trying their best to love God?

Storytelling for older children and adults:

Talk about the people you consider to be role models of those who try to live a blessed life. These might be historical figures (saints, canonized and not), or people you know today, even family members! What characteristics do these people have in common? What stands out about how they live?

3. Stories from Our Faith Tradition: The Beatitudes

Read the Beatitudes, Matthew 5:1-12.

- ❖ Ask family members if what they heard in the Gospel reading matches up with the people they described who try to live holy, blessed lives.
- ❖ Why do you think the Church uses this Gospel reading for the feast of All Saints?
- ❖ Which of the beatitudes is your family best at living? With which beatitude do you struggle?

4. What Our Family Can Do

Family leader for this reflection shares points such as the following: *In the beatitudes, Jesus shares with us the way we are to live that is truly honorable, blessed and holy. And if we live this way, then God will take care of things, God will bless us.*

Spend time in quiet prayer. Ask each family member to name one or more “Beatitudes” for the family, drawing on those from the Gospel as well as other ways your family can be holy. Name actions your family can take which God will reward with blessings. (i.e., blessed are we when we pray, for God will hear our prayers; blessed are we when we seek justice, for God will show us compassion; blessed are we when we forgive each other, for God will hold us close.)

Reflect back on your family’s experience of All Saints.

- ❖ How have you seen the beatitudes alive in your family and in your community?