

# FAITH AT HOME

## A Parent Companion



# THE BEATITUDES & THE THIRD COMMANDMENT



## Lesson Overview:

In His teaching, Jesus affirmed the Law of God, such as the Ten Commandments, found in the Old Testament. He also deepened our understanding of how to live well through His own teaching. One very important example of this can be found in the Beatitudes, which show us how Jesus Himself lived and how we can follow Him. Here are the Beatitudes:

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

*Blessed are they who mourn, for they will be comforted.*

*Blessed are the meek, for they will inherit the land.*

*Blessed are they who hunger and thirst for righteousness, for they will be satisfied.*

*Blessed are the merciful, for they will be shown mercy.*

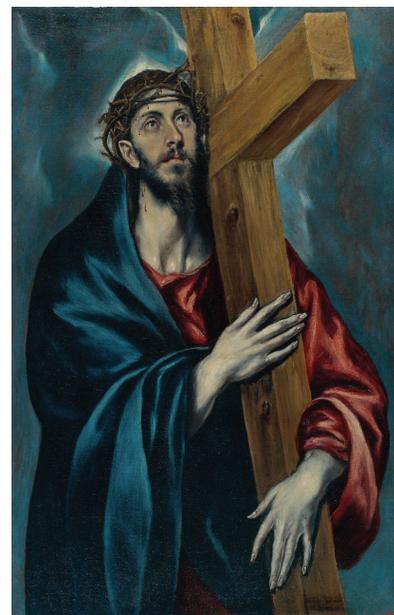
*Blessed are the clean of heart, for they will see God.*

*Blessed are the peacemakers, for they will be called children of God.*

*Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.*

*Blessed are you when they insult you and persecute you and utter every kind of evil against you [falsely] because of me.*

*Rejoice and be glad, for your reward will be great in heaven. Thus they persecuted the prophets who were before you.*



"Jesus Carrying the Cross"

by El Greco

Source: Wikimedia Commons

Along with the commandments, the Beatitudes teach us how to be happy and to live well.

We also learned about the third commandment: *Keep holy the Sabbath*. The Christian Sabbath is called the Lord's Day, Sunday, the day Jesus rose from the dead. To honor God and thank Him for all He has given us, we must go to the Church every Sunday and Holy Days of Obligation. Sunday should also be lived differently from other days, without unnecessary work and with extra time for prayer and family.

## SAINTS AMONG US

### Reconciliation



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## REVIEW WITH YOUR CHILD

1. Why did Jesus teach the Beatitudes? **To show us how to be happy with God forever by living like Jesus.**
2. Ask your child to name a Beatitude they remember. They may refer to their sheet.
3. What does the third commandment instruct us to do? **Keep the Lord's Day holy.**

## FAITH IN ACTION

It is important to make Sunday, the Lord's day, special and different from other days. You can give a special treat to honor the day, have a special family practice like playing a game or going for a hike, and say some extra prayers, such as the rosary.

## AT HOME

1. We asked your child to think of one way that he or she can follow the Beatitudes in their life. We also asked you to think of something you can do to make the Lord's Day holy as a family.
2. This week say grace before meals with your family using the prayer below.

### Grace before Meals

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty. Through Christ our Lord. Amen.



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