

How to be Happy!

*In today's Gospel Jesus teaches the eight beatitudes.
Beatitude means happiness.*

Here are some ideas on how to live the beatitudes:

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. If you share your nice things and don't let your stuff be the most important things in your life then you will be happy.
2. Blessed are they who mourn, for they will be comforted. If you are sad now, remember that in Heaven there will be no more suffering.
3. Blessed are the meek, for they will inherit the land. Don't be selfish or pushy about things. God will make sure you get everything you need!
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. If you try to do what is right then God will make the right things happen.
5. Blessed are the merciful, for they will be shown mercy. If you forgive other people when they hurt you, then God will forgive you when you are sorry for your sins.
6. Blessed are the clean of heart, for they will see God. If God is the center of your life, then your heart is pure and ready to see Him in Heaven when you die.
7. Blessed are the peacemakers, for they will be called children of God. God loves peace, and loves it when we try to avoid getting into fights.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. If you suffer for the truth, God will give you a joyful reward!

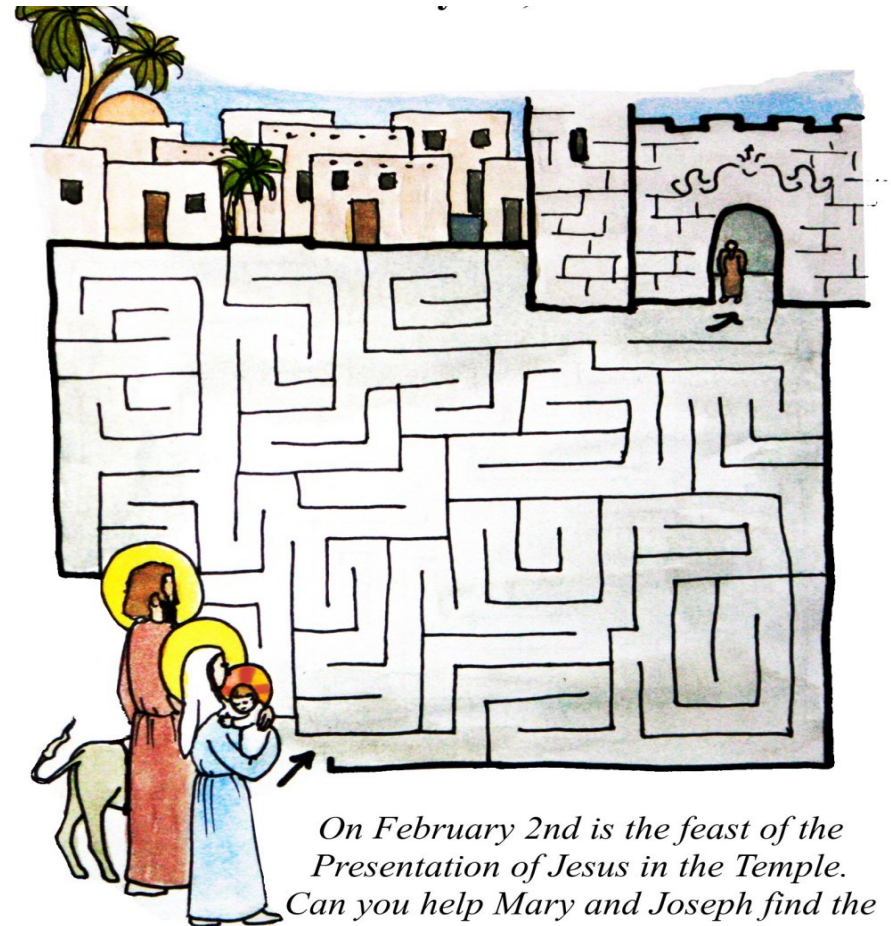


Answer to Beatitudes Word Find: Will be happy

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**FOURTH SUNDAY OF ORDINARY TIME
FEBRUARY 1ST 2026**



*On February 2nd is the feast of the
Presentation of Jesus in the Temple.
Can you help Mary and Joseph find the
way through Jerusalem to present
Baby Jesus in the Temple?*

Beatitudes Word Find

G R E A T W M E R C Y I
K I N G D O M L T H E Y
I G B L E S S E D I P L
N H E A V E N B E L E F
D T I N H E R I T D R A
P E A C E M A K E R S L
O O H B E C A U S E S
O U G O D M O U R N C E
R S A P M E R C I F U L
I N S U L T H E A R T Y
W E P C O M F O R T E D
H S A T I S F I E D D Y
O S P I R I T C L E A N

*Find the words in
CAPITALS from today's
Gospel reading in the
puzzle and use the leftover
letters to fill in the blanks.*

"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."

If you be like Jesus, you

_____.

Hey, did you know that through the prayers of St Blaise, GOD cured a little boy who was choking on a bone? Can you colour in the picture of St Blaise? He holds two candles in his hand because we use candles to bless people throat to keep them well and we ask St Balise to pray for us.

