

The tags we gave out to remind everyone to live the Beatitudes every day have these prayer and action suggestions on them.

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

Sunday: "Poor in spirit" means that you know that you depend on God for everything. Start your week by asking God to help you with one thing this week.

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

Sunday: *There are seven days and eight Beatitudes, so you get two today!* Think of anyone you know who is sad or grieving. Say a prayer for them. Is there a way you can show them that you care and understand?

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

Monday: Being 'meek' means knowing that you are not the center of the universe. How can you show that you know this? It means not being selfish. Is there someone you can treat as important and special today?

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

Tuesday: Is there a way to treat someone with respect and fairness today? How can you show that justice counts?

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

Wednesday: Is there someone you need to forgive? When we forgive people, we are trying to love them like God loves all of us. God always shows us mercy and forgiveness.

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

Thursday: Being 'pure in heart' means that we see others without jealousy or envy. We see that God loves them as much as God loves us. Is there a way to show someone that they are loved today? Pray not to be jealous of others.

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

Friday: When people fight or argue, everyone gets hurt. How can you be a peacemaker today? How can you build peace?

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

Saturday: All over the world, there are people suffering because they want to do the right thing. Say a prayer for them, that they remain strong and keep doing what God asks, even when it is difficult.

