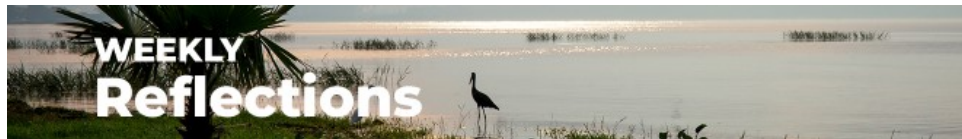


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Based on the gospel for Sunday 29 January, Fourth Sunday in Ordinary Time: Matthew 5:1-12

“How happy are the poor in spirit; theirs is the kingdom of heaven.”

Last week, we saw Jesus responding with his whole heart. This week, we get a glimpse into the character of his heart. The Sermon on the Mount, of which the Beatitudes text is a part, is probably one of the best-known and well-loved gospel accounts. As one living the Beatitudes, we see that Jesus is 'rich', 'happy' and 'blessed' (from the Greek meaning of 'Beatitude'). What Jesus is showing us is the character of God's kingdom rule and that citizenship of this kingdom begins here and now.

So, I might ask myself and ponder this week:

How do I see Jesus living each one of these Beatitudes?

How do I try to live them in my daily life?

How does this gospel affect the way I see the world as it is today?

How does it challenge what the world defines as tragic, hopeless, worthless?

How, through each of these 'blessings', is the kingdom beginning in me, in the here and now, for the good of others?

Lord of the Kingdom,
 thank you for calling me to live under your rule.
 It is a rule that brings deep joy and great blessing,
 a richness the world cannot give.
 Help me to live out your kingdom values
 so that those who believe they are worthless and beyond hope
 might know they are truly valued citizens,
 invited to a share in the riches you freely offer.
 Amen.



Lent briefing

Join our online briefing on Saturday 4 February and find out more about how you can support CAFOD this Lent. Featuring a speaker from Bangladesh on the impact our agriculture projects are making to the lives of our sisters and brothers around the world.

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London Landmarks half marathon

Take on the iconic London Landmarks Half Marathon for CAFOD on 2 April.

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Weekly intercessions

Browse our bank of prayers of intercession for inspiration or to share with your parish or group.

[Pray with us](#)

This reflection and prayer by Ged Johnson, spiritual director at St Beuno's Jesuit Spirituality Centre in North Wales.



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Catholic Agency for Overseas Development
Romero House, 55 Westminster Bridge Road,
London,
SE1 7JB,