

Psalm 34:1-10 from “The Message”

34:1 I bless God every chance I get;
my lungs expand with his praise.

2 I live and breathe God;
if things aren't going well, hear this and be happy:

3 Join me in spreading the news;
together let's get the word out.

4 God met me more than halfway,
He freed me from my anxious fears.

5 Look at him; give him your warmest smile.
Never hide your feelings from him.

6 When I was desperate, I called out,
and God got me out of a tight spot.

7 God's angel sets up a circle
of protection around us while we pray.

8 Open your mouth and taste, open your eyes and see—
how good God is.

Blessed are you who run to him.

9 Worship God if you want the best;
worship opens doors to all his goodness.

10 Young lions on the prowl get hungry,
but God-seekers are full of God.

TODAY'S GOSPEL LESSON IS PART OF JESUS' WELL-KNOWN SERMON ON THE MOUNT. The Sermon on the Mount in Matthew 5-7 is a collection of sayings Jesus may have uttered at different times and places, rather than delivered all at once in a single discourse.

*The Beatitudes summarize the revolutionary values intended to guide those seeking to follow Jesus. Beatitudes appear in the OT according to a single pattern beginning with the Hebrew word *esher* (blessed or happy) after which they usually described someone worthy of praise. Matthew quoted Jesus using the same method and adding the reason for this happy state.*

MATTHEW 5:1-12

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.

He said:

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

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

5 Blessed are the meek,
for they will inherit the earth.

6 Blessed are those who hunger and thirst for righteousness,
for they will be filled.

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

8 Blessed are the pure in heart,
for they will see God.

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

10 Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

11 “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. 12 Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

THE WORD OF GOD FOR US THE PEOPLE OF GOD,

THANKS BE TO GOD!