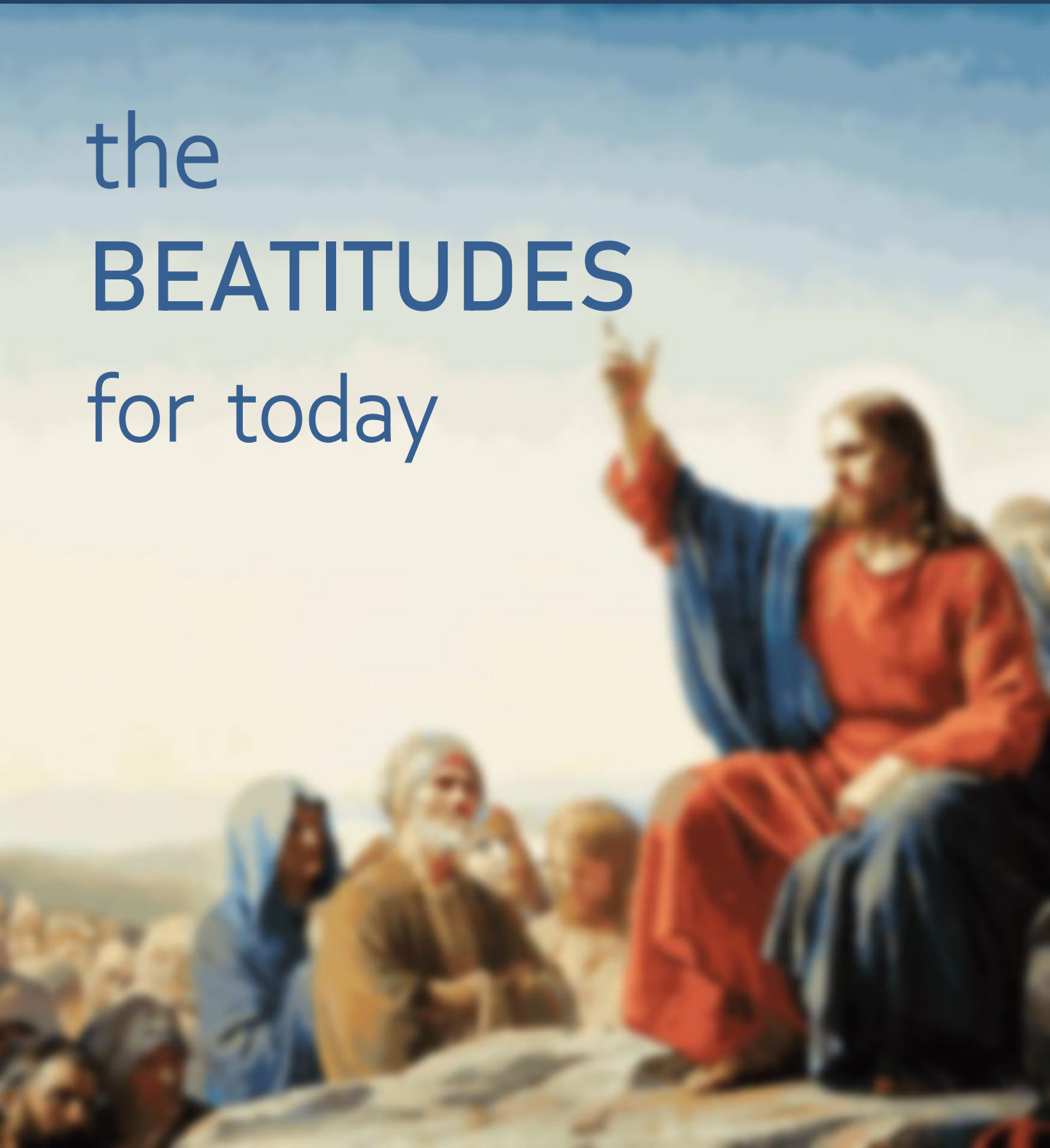


# Quiet Day Resources 1

the  
**BEATITUDES**  
for today



## Sacred texts for meditation & reflection

### The Beatitudes: Matthew 5: 1-12.

Traditional Version from the Greek New Testament [*NRSV Bible*]

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. 2 Then he began to speak, and taught them, saying:

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 receive 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 for righteousness’ sake, for theirs is the kingdom of heaven.

11 “Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

12 Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

Contemporary Version from the Aramaic original [Translated by Dr. Patricia Fresen]

When Yeshua saw the crowds, he ascended the mountain; and when he sat down, his disciples came to him. 2 And he spoke to them, teaching them and saying:

3 Ripe are those who find their home in the Spirit; they shall be attuned to the inner reign of God.

4 Ripe are those who mourn/weep/grieve for people who are suffering; they shall be comforted/shall be united inside by love.

5 Ripe are the gentle; they shall be open to receive strength from the earth (universe).

6 Ripe are those who hunger and thirst for justice; they shall be encircled by the birth of a new society.

7 Ripe are the compassionate; upon them shall be compassion.

8 Ripe are those who are consistent in heart; they shall contemplate God.

9 Ripe are those who plant peace in each season; they shall be named the children of God.

10 Ripe are those who are persecuted for the sake of justice ; the reign of God is in them. 11 Ripe are you when you are

conspired against, dislocated and wrongly labelled as immature for my sake; 12 no matter where you turn, you will find the Name (Unity, God) inscribed in light. It is the sign of prophecy to be persecuted.

## New beatitudes for our time...

### The New Beatitudes

by Rev. Anna Blaedel  
Theologian In Residence  
<https://enfleshed.com/>

blessed are you who are raging.  
blessed are you who are mourning.  
blessed are you who feel numb.  
blessed are you who feel sick and tired.  
and sick and tired.  
blessed are you who refuse to turn away.  
blessed are you who need to turn away.  
blessed are you who keep breathing deep.  
blessed are you who are tending  
to your own needs.  
blessed are you who are tending  
to the needs of another.  
blessed are you who have been calling.  
blessed are you who have been organizing.  
blessed are you who have been testifying.  
blessed are you who have been hearing.  
blessed are you who have been resisting.  
blessed are you who feel broken open beyond repair.  
blessed are you who are raw beyond words.  
blessed are you who are working hotlines and  
crisis care centers and bearing witness to the forces  
of violence and trauma unleashed and unloosed.  
blessed are you who are marching.  
blessed are you who are weeping.  
blessed are you who preach and know that divinity resides in despised, abused, violated flesh.  
blessed are you who know deep in your bones that you are good. and beautiful. and beloved. and  
sacred. and worthy. and believed. and held. and capable of healing beyond your wildest imagination.  
blessed are you who remind others they are good. and beautiful. and beloved. and sacred. and worthy.  
and believed. and held. and capable of healing beyond their wildest imagination.  
blessed are we when we dare to dream of a world without sexual violence, without white supremacy,  
without misogyny, without police brutality, without anti-trans and anti-queer violence.  
blessed are we when we stay tender.  
blessed are we when we stay fierce.  
blessed are we when we dare to imagine repair, and transformation.  
blessed are we when we labor together to make it so.

### Six New Beatitudes by Pope Francis

"Blessed are those who remain faithful while enduring evils inflicted on them by others and forgive them from their heart.  
"Blessed are those who look into the eyes of the abandoned and marginalized and show them their closeness.  
"Blessed are those who see God in every person and strive to make others also discover him.  
"Blessed are those who protect and care for our common home.  
"Blessed are those who renounce their own comfort in order to help others.  
"Blessed are those who pray and work for full communion between Christians."  
"All these are messengers of God's mercy and tenderness. Surely they will receive from him their merited reward."

## Sacred texts for meditation & reflection

### Matthew 6:19-21

“Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

[NRSV Bible]

### Matthew 6:19-21

“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? [...] But strive first for the kingdom of God and its justice, and all these things will be given to you as well.”

[NRSV Bible]

### Revelation 21:3-4

“See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.”

[NRSV Bible]

### Isaiah 56:1-7

This is what the Lord says:

‘Maintain justice and do what is right, for my salvation is close at hand and my righteousness will soon be revealed.’

“Blessed is the one who does this, the person who holds it fast, who keeps the Sabbath without desecrating it, and keeps their hands from doing any evil.”

“Let no foreigner who is bound to the Lord say, ‘The Lord will surely exclude me from his people.’

And let no eunuch complain,  
‘I am only a dry tree.’

For this is what the Lord says:

‘To the eunuchs who keep my Sabbaths, who choose what pleases me and hold fast to my covenant – to them I will give within my temple and its walls a memorial and a name better than sons and daughters;

I will give them an everlasting name that will endure for ever.

And foreigners who bind themselves to the Lord to minister to him, to love the name of the Lord, and to be his servants, all who keep the Sabbath without desecrating it and who hold fast to my covenant – these I will bring to my holy mountain and give them joy in my house of prayer.

Their burnt offerings and sacrifices will be accepted on my altar; for my house will be called a house of prayer for all peoples.’

[NRSV Bible]

## Suggestions for your quiet time

### Aramaic Beatitudes

Read the translation of the Beatitudes by Dr. Patricia Fresen. This poetic and metaphoric translation starts with the word: “Ripe”. Take some time to reflect and meditate on each of these beatitudes... starting with the word: “ripe”... What images does this word evoke in your mind? What does it mean to be spiritually ripe? How do the beatitudes help us become mature human beings?

### A beatitude ... to ponder on

You may want to stay with one of the beatitudes, with one blessing and one promise that may speak into your personal context at the beginning of this new year. If one of them stands out, stay with it, and pray with it, allowing God’s Spirit to stir your thoughts and move your will to some action, to some form of change...

### New beatitudes...

Another suggestion is to write your own list of beatitudes for our world today. A list based on your own context, on people or situations that are close to your heart. You shouldn’t have to think too hard about these, but let it be as spontaneous as they can be. Let them flow from your heart.

[You may find it helpful to read the New Beatitudes on page 2 as inspiration.]



### A time to pray...

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

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

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

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

Finally, you may want to have a time of prayer (intercessory prayer), using these four beatitudes as your guide. Visualizing and praying for those who are poor in spirit, those who mourn, those who are an example of humility to you, and for those who work for justice, and are victims of injustice. As you do so, try not to do it in abstract, but putting faces and names to these people, and offering them to God, so that they may know that in the midst of these situations God is present, and they are blessed and maturing and ripening to achieve their full potential as human beings.