

- Listen to the sounds, the birds, the voices of the crowd, perhaps chatting to each other, the breeze rustling the leaves.
- Feel the warmth of the sun and the air on your face. Feel the texture of the ground where you are standing or sitting.
- What smells, and other details about the location do you notice? Perhaps the smell of the air, the colour of the sky, the presence of clouds etc.
- Notice Jesus as he sits down, a traditional pose for a teacher. Does it surprise you seeing Jesus take a position of authority in order to make his address? Notice the crowd as it falls silent when Jesus starts to speak. Notice the clarity in his voice. What does his voice sound like as he starts to speak?
- As you listen intently to Jesus, do you:
 - Feel what it's like to be truly "poor in spirit," and be completely dependent on God?
 - Feel the sorrow for injustice and sin?
 - Feel gentle, humble, and respectful towards others, understanding you will "inherit the earth"?
 - Feel a deep, hunger for righteousness and justice in the world?
 - Feel God's mercy flowing through you to others and then back to you?
 - Experience a pure heart that longs to see God?
 - Feel the call to reconcile and bring people together?
- What touches you as he speaks? Which beatitude catches your attention? Perhaps "Blessed are the peacemakers" or "Blessed are the pure in heart".
- Which beatitude do you find most challenging? Perhaps "Blessed are you when others revile you and persecute you".
- What does the word "Blessed" mean for you? Is there one particular blessing you would like to have? Is there one you would like to have for your family, friends, community?
- Notice the contradictions in Jesus discourse e.g. he calls the mourning "blessed" and the persecuted "glad". How does that make you feel?
- What desires and hopes stir in you as you listen to Jesus' words?

Let us now spend 10 minutes in the company of Jesus and talk to him about what is going on in your mind and heart regarding his teaching and what challenges you the most. Ask him to give you his Spirit of poverty, meekness, compassion, justice and peace. Speak to him about the blessings you have today and offer thanks for them.

