

**Blest are the poor in spirit:
The reign of God is theirs!**

*To admit that you have needs...to be open
to change...to realize that you are
incomplete...*

**Blest are those who mourn:
God will comfort them!**

*To feel the hurt of others...to be able
to empathize with the loss of another...*

**Blest are the lowly:
they shall inherit the land!**

*To allow others to be themselves...to be open...
to adopt a quiet restraint that hears another's
voice...*

**Blest are they who hunger and
thirst for holiness:
they shall have their fill!**

*To be aware that spiritual hunger keeps
priorities in a spiritual order...to have
spiritual goals and motivations...*

**Blest are those who show mercy to
others:
God will show mercy to them!**

*To have unconditional compassion...to be
sensitive and free in giving of oneself...*

**Blest are the pure in heart, the
single-hearted: they will see god!**

*To be in touch with your inner self...to
be unencumbered by false images...to be
honest with God, others, and yourself...*

**Blest are the peacemakers: they
shall be called children of God!**

*To bridge differences without destroying
the uniqueness that God created...to
bring harmony to a community...*

**Blest are they who are persecuted for
holiness sake: the kingdom of
heaven belongs to them!**

*To be able to accept hostility and hatred
without fighting back...to act rather than
react in all circumstances...*