



A Catholic Women's League led mission on behalf of Divine Infant Parish, Orleans ON

The Third Beatitude:

"Blessed are the meek, for they will inherit the earth"

Presented by The Music Ministry



Image: Pilgrim Icon program St. Joseph, Knights of Columbus

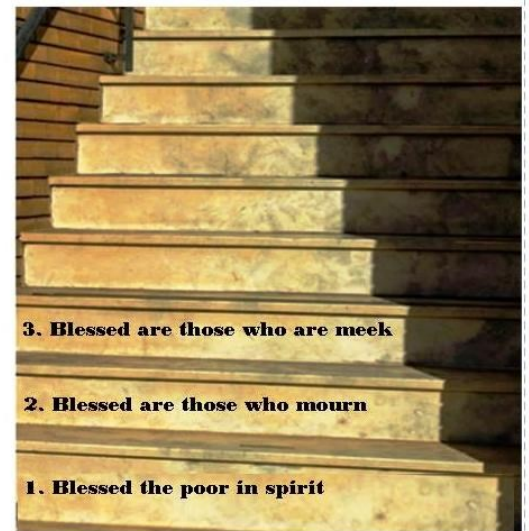
The Beatitudes reveal the divine path and purpose for a life lived in the name of Jesus. They are statements of grace, not law, revealed to us by Christ Himself. Through them He reveals the spiritual attributes that, by God's Grace, will ultimately guide us to His Kingdom.



The Beatitudes lead us from a life of material comfort and aspiration towards one of selflessness lead by the Spirit. (Pope Francis, General Audience, Library of the Apostolic Palace, 29 April 2020)

Presented in hierarchical fashion, the Beatitudes infer that each one builds systematically upon the foundation of the first: "Blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) and ends on the eighth "Blessed are those who are persecuted for righteousness; sake, for theirs is the kingdom of heaven (Matthew 5:11). (To see the progression of all eight Beatitudes, please see the diagram on page 7).

This booklet will take you through a journey of learning about and living this third Beatitude, "*Blessed are those who are meek, for they will inherit the earth*", over the course of two months. In total there will be 7 weeks of challenges for you to complete. The challenges of Part I will focus on learning about this Beatitude. The challenges of Part II will focus on activities which help you live this Beatitude; to do things for yourself, for your family and for your community.



PART I. LEARNING ABOUT THE BEATITUDE

WEEK 1 CHALLENGE ~ POPE FRANCIS' REFLECTION

Let us first begin learning about the third Beatitude by reading Pope Frances' reflection. As you read it, consider what it means to be meek. How does being meek help with your relationship with Christ, and ultimately allow you to inherit the earth?



POPE FRANCIS

GENERAL AUDIENCE

Dear Brothers and Sisters, Good Morning,

In today's catechesis we consider the third of the eight Beatitudes from the Gospel of Matthew: "*Blessed are the meek, for they shall inherit the earth*" (Mt 5:5).

Here, the term "meek", literally means sweet, docile, gentle, devoid of violence. Meekness manifests itself in times of conflict. It can be seen by how one reacts to a hostile situation. Anyone can appear meek when everything is peaceful, but how does one react "under pressure", if one is under attack, offended, threatened?

In one passage, Saint Paul refers to "the meekness and gentleness of Christ" (2 Cor 10:1). Meanwhile, Saint Peter recalls the attitude of Jesus during his Passion: he did not respond nor threaten because "he trusted to him who judges justly" (1 Pt 2:23). And the meekness of Jesus can be clearly seen in his Passion.

In Scripture, the word "meek" also indicates one who does not have earthly property. Thus, we are struck by the fact that the third Beatitude says precisely that the meek "shall inherit the earth".

In reality, this Beatitude quotes Psalm 37 which we heard at the beginning of the catechesis. There too, meekness and earthly possessions are juxtaposed. If one thinks about it, these two things appear to be incompatible. Indeed the possession of land is a typical setting for conflict: people often fight over a territory in order to dominate a particular area. The stronger one prevails in war and conquers other lands.

But let us look more closely at the verb that is used to indicate the possessions of the meek: they do not conquer the earth. It does not say "Blessed the meek for they shall conquer the earth". They "*inherit it*". Blessed are the meek, for they shall "inherit" the earth. In the Scriptures the verb "inherit" has a much deeper meaning. The People of God actually refer to the land of Israel which is the Land of the Promise, as their "inheritance".

That land is a promise and a gift to the People of God and it becomes the symbol for something much greater than a simple territory. There is a "land" — allow me to play on words — which is Heaven, that is the land towards which we are journeying: the new heavens and the new earth towards which we are going (cf. Is 65:17; 66:22; 2 Pt 3:13; Ap 21:1).

Therefore the meek are those who "inherit" the most sublime of territories. They are not cowards, "weak" people who find a moral expedient to avoid difficulties. Quite the contrary! They are people who have received an inheritance and do not wish to squander it. The meek are not accommodating, but rather they are Christ's disciples who have learned how to protect quite another earth. They protect their peace. They protect their relationship with God and they protect his gifts, God's gifts, preserving mercy, fraternity, trust, hope, because meek people are merciful, fraternal, trusting people with hope.

Here we have to mention the sin of "anger", a violent surge whose impulse we all understand. Who has not been angry at some point? Everyone [has]. We have to reconsider this Beatitude and ask ourselves a question: how many things have we destroyed in anger? How many things have we lost? A moment of anger can destroy many things. One loses control and does not value what is truly important. And one can ruin a relationship with a brother or sister, sometimes beyond any remedy. Many brothers or sisters no longer speak to each other because of anger. They distance themselves from each other. It is the opposite of meekness. Meekness brings people together. Anger separates.

Meekness can conquer many things. Meekness is capable of winning over hearts, saving friendships and many other things besides. People become angry, but then they calm down, they think it over and retrace their steps. In this way, one can rebuild with meekness.

“The “earth” to be conquered with meekness is the salvation of that brother whom the Gospel of Matthew mentions: “If he listens to you, you have gained your brother” (Mt 18:15). There is no earth more beautiful than the heart of others. There is no finer territory to attain than that of the peace found again with a brother or sister. And this is the earth to be inherited through meekness!

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WEEK 2 CHALLENGE ~ SAINT JOSEPH

A saint who truly embodies this beatitude is St. Joseph, the foster father of Jesus. Meekness is so characteristic of St. Joseph that an old hymn addresses him as, “St. Joseph, meek and mild.”

The Gospels don’t give us a great deal of information about St. Joseph’s life, but the glimpses they give us of his life have profound spiritual value, and attest to his outstanding meekness. His meekness is evident, for instance, when he discovers



that the Blessed Virgin Mary is pregnant. For many in a similar situation, a typical reaction would be anger, perhaps even vindictiveness. But remarkably, St. Joseph has a completely different reaction. Matthew’s Gospel records that St. Joseph was “unwilling to expose her to public disgrace, [and] planned to dismiss her quietly” (Matthew 1:19). Rather than reacting with anger or desiring her public disgrace, St. Joseph wanted to choose the gentle, merciful option.

As we know, there’s more to the story. St. Joseph was visited by an angel in a dream who assures him, “Do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit” (Matthew 1:20) When St. Joseph woke up, “he did as the Lord commanded him; he took her as his wife” (Matthew 1:24). Here, we see a second way in which St. Joseph’s meekness is expressed: meekness as docility, specifically, total docility to God’s will. When God calls St. Joseph, he submits to the Father’s plan with complete obedience.

As you contemplate on the qualities of St. Joseph, reflect on how we behave when things are not going as we would like for ourselves or with others. What can we do to model St. Joseph’s meekness?

The Dream of Joseph, Anton Raphael Mengs, 1773

WEEK 3 CHALLENGE ~ SCRIPTURE READING

Here is a passage for contemplation this week.

Psalm 37:1-10

*Do not fret because of the wicked;
do not be envious of wrongdoers,
for they will soon fade like the grass,
and wither like the green herb.*

*Trust in the Lord, and do good;
so you will live in the land, and enjoy security.
Take delight in the Lord,
and he will give you the desires of your heart.*

*Commit your way to the Lord;
trust in him, and he will act.
He will make your vindication shine like the light,
and the justice of your cause like the noonday.*

*Be still before the Lord, and wait patiently for him;
do not fret over those who prosper in their way,
over those who carry out evil devices.*

*Refrain from anger, and forsake wrath.
Do not fret—it leads only to evil.
For the wicked shall be cut off,
but those who wait for the Lord shall inherit the land.*

*Yet a little while, and the wicked will be no more;
though you look diligently for their place, they will not be there.
But the meek shall inherit the land,
and delight themselves in abundant prosperity.*

What does it mean to be meek?

What are the blessings that occur from being meek?

How does placing all your faith and trust in God help you to become meek and inherit the earth?

PART II ~ LIVING THE BEATITUDE ¹

WEEK 4 CHALLENGE ~ LIVING THE BEATITUDE AS AN INDIVIDUAL

We have learned about the Third Beatitude, “*Blessed are the meek for they will inherit the earth*”.

For this week, let us focus on ourselves. Allow Psalm 37, St. Joseph and Pope Francis to inspire and guide us to live the third Beatitude and put it into action.

“Meekness entails tenaciously holding onto one's trust in and relationship with God and protectively guarding his gifts of peace, mercy and fraternity” (Pope Francis)

Consider doing some of the following:

1. Write your thoughts in a journal, consider your own ideals and behaviour in life. How are your ideas or values the same or different from as St. Joseph? What can you do to help yourself become meek; to help yourself to be more patient, gentle and merciful? How do we rely on God to help us in our day-to-day activities?
2. Place your trust in God, pray before making decisions and invite him to be at the helm of your home, your heart and your mind.
3. Pray to God to help you become meek and each day thank God for His hand in your life for directing you path and helping you become meek.
4. Pray the Litany of Surrender (see page 8).

WEEK 5 CHALLENGE ~ LIVING THE BEATITUDE AS A FAMILY

This week, let us consider our relationships with the family in the context of the third Beatitude. Do you consider others when making decisions for your family or are you more self-centered? Do you have to be right when there is a disagreement, or do you try find a compromise? Do you allow other family members have acclaim?

Expand yourself by doing the following:

1. Be flexible with your expectations of family members. Remind yourself that we are all in a process of journeying through fulfilment of God's plan.
2. Forgive a family member through prayer or open communications with family members to re-establish peaceful reunions.
3. Sacrifice something of yourself (i.e., money, clothing, time) for a family member.
4. Before making big decisions, as a family pray to God and the Holy Spirit to guide your actions.
5. As a family, pray the “*Litany of Surrender*” (See page 8).

1. Ideas for part II came from the following articles:

Colin Smith, <https://openthebible.org/sermon/cultivating-meekness/>

Marlin J. Harris “Let the Beatitudes Be My Attitude in You”, 2012, Westbow Press Books, Bloomington IN

WEEK 6 CHALLENGE ~ LIVING THE BEATITUDE AS A COMMUNITY

This week, let us consider our relationships within the community in the context of the third Beatitude. Who are your friends or work colleagues? Are they meek? Do they lead a Christian life?

“Rejoice with those who rejoice, weep with those who weep.” (Romans 12:15)

“Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.” (Matthew 11:29)

Consider doing the following:

1. Be happy for the successes of your peers and colleagues.
2. Pray to God for your understanding in stressful situations at work, among friends or neighbours. For example, when you experience frustration at a neighbour’s actions, respond with prayer rather than anger and see what God may be teaching you in this situation.
3. Surround yourself with people who are meek.

WEEK 7 CHALLENGE ~ BLESSINGS RECEIVED & CLOSING PRAYER

Reflect on the blessings you have received in living the third Beatitude, *“Blessed are the meek, for they will inherit the earth”*. How has God formed you into a person who is meek? Thank God for helping you to let Christ lead you in your life, to form you into a person who is peaceful, humble of heart in service of others.

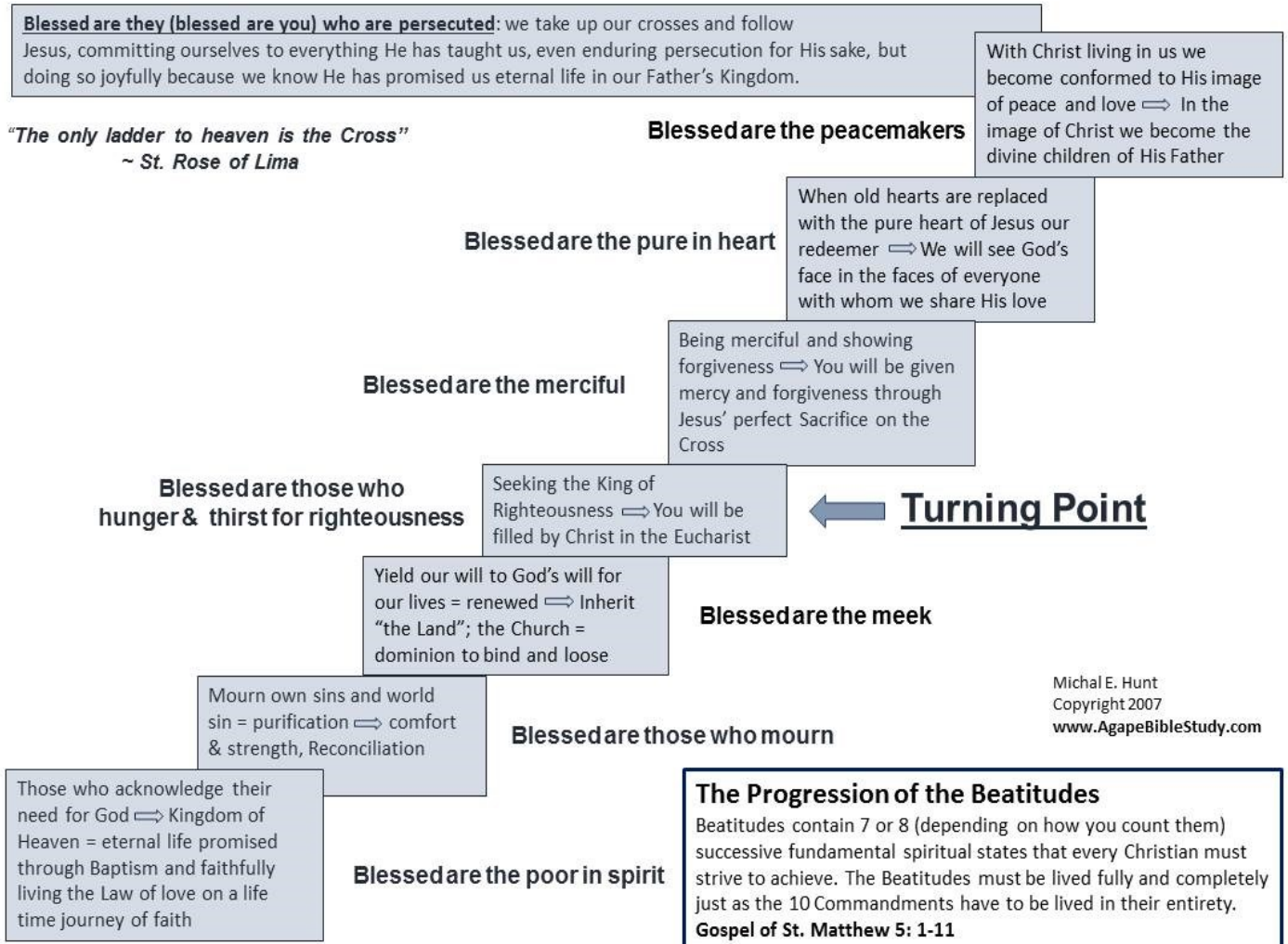


“O Jesus, meekest Lamb, who being cursed did not curse, who suffering injuries did not threaten, who receiving the greatest contempt, answered with divine meekness or preserved an admirable silence, help me to follow Your example, to repress my anger, to embrace meekness, and armed with patience, to suffer willingly any labour so that I may come to enjoy eternal repose with You”

(Venerable Leo Du Pont)

Source: <https://spiritualdirection.com/2016/08/31/meekness>

THE BEATITUDE LADDER



LITANY OF SURRENDER

Lord, have mercy. *Lord, have mercy.*

Christ, have mercy. *Christ, have mercy.*

Lord, have mercy. *Lord, have mercy.*

God, the Father of Heaven, *Have mercy on me.*

God, the Son, Redeemer of the world, *Have mercy on me.*

God, the Holy Spirit, the Sanctifier, *Have mercy on me.*

Holy Trinity, One God, *Have mercy on me.*

Christ, hear me. *Christ, graciously hear me.*

In adoration, *I surrender to Your Will, O God.*

In worship, *I surrender to Your Will, O God.*

In desire, *I surrender to Your Will, O God.*

In expectation, *I surrender to Your Will, O God.*

In humility, *I surrender to Your Will, O God.*

In obedience, *I surrender to Your Will, O God.*

In trust, *I surrender to Your Will, O God.*

In honesty, *I surrender to Your Will, O God.*

In truth, *I surrender to Your Will, O God.*

In transparency, *I surrender to Your Will, O God.*

In integrity, *I surrender to Your Will, O God.*

In commitment, *I surrender to Your Will, O God.*

In loyalty, *I surrender to Your will, O God.*

In objectivity, *I surrender to Your Will, O God.*

In power, *I surrender to Your Will, O God.*

In insight, *I surrender to Your Will, O God.*

In wisdom, *I surrender to Your Will, O God.*

In mercy, *I surrender to Your Will, O God.*

In justice, *I surrender to Your Will, O God.*

In constancy, *I surrender to Your Will, O God.*

In discipline, *I surrender to Your Will, O God.*

In forgiveness, *I surrender to Your Will, O God.*

In compassion, *I surrender to Your Will, O God.*

In tenderness, *I surrender to Your Will, O God.*

In graciousness, *I surrender to Your Will, O God.*

In intimacy, *I surrender to Your Will, O God.*

In prayer, *I surrender to Your Will, O God.*

In thanksgiving, *I surrender to Your Will, O God.*

In praise, *I surrender to Your Will, O God.*

In spontaneity, *I surrender to Your Will, O God.*

In appropriateness, *I surrender to Your will, O God.*

In authenticity *I surrender to Your Will, O God*

In creativity, *I surrender to Your Will, O God.*

In care, *I surrender to Your Will, O God.*

In courage, *I surrender to Your Will, O God.*

In warmth, *I surrender to Your Will, O God.*

In friendship, *I surrender to Your Will, O God.*

In purity, *I surrender to Your Will, O God.*

In kindness, *I surrender to Your Will, O God.*

In goodness, *I surrender to Your Will, O God.*

In peace, *I surrender to Your will, O God.*

In understanding, *I surrender to Your Will, O God.*

In counsel, *I surrender to Your Will, O God.*

In knowledge, *I surrender to Your Will, O God.*

In piety, *I surrender to Your Will, O God.*

In diligence, *I surrender to Your Will, O God.*

In co-operation, *I surrender to Your Will, O God.*

In patience, *I surrender to Your Will, O God.*

In perseverance, *I surrender to Your Will, O God.*

In faith, *I surrender to Your Will, O God.*

In hope, *I surrender to Your Will, O God.*

In love, *I surrender to Your Will, O God.*

Christ, hear me. *Christ, graciously hear me.*

Lamb of God, You take away the sins of the world,
Spare me, O Lord.

Lamb of God, You take away the sins of the world,
Graciously hear me, O Lord.

Lamb of God, You take away the sins of the world,
Have mercy on me.

Our Father, etc.

Let Me Pray:

Lord, Your Holy Will is, or should be, the core of my Christian life. Please make sure I do Your Holy Will in every way, and that I cannot do anything which is not Your Holy Will. Ordain my whole life so that I cannot avoid doing Your Holy Will. May I do so freely, willingly and without grumbling, despair, presumption or corruption. May I persevere to the end. Through Jesus Christ, Our Lord. Amen.

To learn about the Catholic Women's League
please visit our parish website at
www.divineinfant.on.ca/cwl.html



Catholic Women's League
Divine Infant Parish
Orleans ON

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