



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

***The Fourth Beatitude:***

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

***Presented by The Extraordinary Ministers of Holy Communion***



<https://pixabay.com/photos/angel-castel-santangelo-rome-wing-2677047/>

**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 10).

Over the course of two months, this booklet will take you through a journey of learning about and living the fourth Beatitude, "*Blessed are those who hunger and thirst for righteousness, for they will be filled*". 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 to 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 fourth Beatitude by reading Pope Francis' reflection. As you read it, consider what it means to hunger and thirst for righteousness. How will you be filled?

*"O the bliss of the man who longs for total righteousness as a starving man longs for food, and a man perishing of thirst longs for water, for that man will be truly satisfied."* (William Barclay)

Why is the 4<sup>th</sup> beatitude the "Turning Point"? Could it be that this never-ending Hunger for righteousness brings Focus and Clarity to seek what truly satisfies?



## POPE FRANCIS

### GENERAL AUDIENCE

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*Dear Brothers and Sisters, Good Morning,*

At today's audience, we shall continue to meditate on the luminous path of happiness that the Lord consigned to us in the Beatitudes. We have come to the fourth one: "*Blessed are those who hunger and thirst for righteousness, for they shall be satisfied*" (Mt 5:6).

We have already encountered poverty in spirit and weeping. Now we face another type of weakness, one that is linked to hunger and thirst. *Hunger and thirst* are primary needs. They have to do with survival. This should be underscored: this does not concern a general desire, but rather a vital, daily need such as nourishment.

But what does hunger and thirst for righteousness' sake mean? We are certainly not talking about those who want vengeance. Indeed in the preceding Beatitude, we spoke about meekness. Admittedly, injustice wounds humanity. Human society urgently needs fairness, truth and social justice. Let us remember that the evil suffered by women and men throughout the world reaches the heart of God the Father. What Father would not suffer over the suffering of his children?

The Scriptures speak of the suffering of the poor and oppressed which God knows and shares. For having listened to the cry of oppression raised by children of Israel — as the Book of Exodus narrates (cf. Ex 3:7-10) — God descended to free his people. But the hunger and thirst for righteousness' sake that the Lord refers to is even more profound than the legitimate need for human justice that each man and woman carries in his/her heart.

In the "Sermon on the Mount" which takes place a little later, Jesus speaks of righteousness that is greater than human rights or personal perfection, saying, "unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven" (Mt 5:20). This is the righteousness that comes from God (cf. 1 Cor 1:30).

In the Scriptures, a thirst is expressed that is more profound than a physical one, a desire at the root of our being. One psalm says: "O God, thou art my God, I seek thee; my soul thirsts for thee; my flesh faints for thee, as in a dry and weary land where no water is (Ps 63[62]:1). The Fathers of the Church speak about this anxiety that lives in the heart of mankind. Saint Augustine says: "Thou madest us for Thyself, Lord, and our heart is restless, until it rests in Thee".<sup>[1]</sup> There is an interior thirst, an inner hunger, an anxiety...

In each heart, even in that of the most corrupt and distant people, there is a hidden yearning for the light, even if it is buried under the rubble of deceit and mistakes, but there is always the thirst for truth and good which is the thirst for God. The Holy Spirit arouses this thirst. He is the living water that has shaped our dust; he is the creative breath that gave it life.

This is why the Church is sent forth to proclaim to all the Word of God, imbued with the Holy Spirit. Because the Gospel of Jesus Christ is the greatest righteousness that can be offered to the heart of humanity which has a vital need for it, even though it does not realize this. <sup>[2]</sup>

For example, when a man and woman marry, they have the intention of doing something great and beautiful, and if they keep this thirst alive, they will always find the way to move forward in the midst of difficulties with the help of Grace. Young people too have this hunger and they must not lose it! We have to protect and nourish in children's hearts, the desire for love, tenderness and welcoming that they express in their sincere and luminous outbursts.

Each person is called to rediscover what truly matters, what they truly need, what makes life good, and at the same time, what is secondary and what one can easily do without.

In this Beatitude, Jesus announces — hunger and thirst for righteousness — which is a thirst that will not be disappointed; a thirst that, if supported, will be satisfied and always have a positive outcome because it corresponds with God’s own heart, with his Holy Spirit that is love, and also with the seed that the Holy Spirit sowed within our hearts. May the Lord grant us this grace: to have this thirst for righteousness which is the very desire to find him, to see God and to do good unto others.

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[1] *Confessions*, n. 1,1.5.

[2] Cf. *Catechism of the Catholic Church*, n. 2017: “The grace of the Holy Spirit confers upon us the righteousness of God. Uniting us by faith and Baptism to the Passion and Resurrection of Christ, the Spirit makes us sharers in his life”.

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## **WEEK 2 CHALLENGE ~ ST. JOSEPH AND ST. MICHAEL THE ARCHANGEL**

### **SAINT JOSEPH**

A saint who truly embodies the fourth Beatitude, “*Blessed are those who hunger and thirst for righteousness, for they will be filled*”, is St. Joseph, the foster father of Jesus. St. Joseph was a righteous man.



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

“St. Matthew relates in his gospel that when Joseph discovered Mary with the child, “being a righteous man and not willing to expose her, he decided to divorce her quietly”, but “The Angel of the Lord came to him and explained God’s plan in a dream.” As a righteous man, Joseph sets an example. St. Irenaeus teaches, “The righteous men of old were those who loved God who made them and did nothing unjust against their neighbor.”” (<https://www.theprodigalfather.org/these-saints-will-help-you-know-which-beatitude-will-make-you-a-saint-too/>)

St. Joseph is also known as Patron of the Universe and Social Justice. St. Joseph is the patron of social justice in the Church because of his righteousness. He followed all laws that came from God. He made justice a practical way of living out love for others. He fulfilled his divine assignments because he was a man of justice. St. Joseph was fair to his companions, to his family members, and to society. God guided him in judging what was right and what was wrong, and he stood for right. An example is when he took Mary for his wife.

Joseph became the patron of the universal Church because he held the universe together, making it the kingdom of God. Joseph had an ethical virtue that made him carry out the duties of his life situation based on social justice, that made him submit to God whence love of God and neighbour followed (Br. Subal Rosario, CSC, Congregation of Holy Cross Ave Crux Spes Unica March 19, 2015)

As you contemplate the qualities of St. Joseph, reflect on how we can model St. Joseph’s righteousness, of living according to God’s ways.

## **SAINT MICHAEL THE ARCHANGEL**

Saint Michael the Archangel is a champion of justice, mercy, courage, protection, and divine order. He is a spiritual warrior who fights against evil and defends God's people. While not formally canonized as a saint, he is revered as a celestial being with immense significance.



<https://pixabay.com/photos/michael-the-archangel-michael-5764009/>

### **Righteousness in St. Michael's life:**

- He is a defender of justice and mercy in balance.
- He is devoted to God, not for personal gain, but to uphold divine order.
- He fights to reestablish divine justice.
- He defends the people of God from their enemies, especially the devil.

### **St. Michael's role in the Bible:**

- In the Bible, St. Michael is mentioned by name 5 times.
- In Daniel 10:13, Gabriel says that Michael came to help him.
- In Revelation 12:7-9 Michael and his Angels battle against the dragon, who is called Devil and Satan.

### **We recognize St. Michael's four main roles in Catholic teaching:**

- Leader of the Army of God – commander of heaven's forces. He serves as a model of spiritual warfare, reflecting the ongoing struggle between good and evil.
- Angel of Death - accompanying souls of departed Christians to heaven. At the moment of death, he offers souls an opportunity for redemption, thwarting the devil's attempt to claim them.
- Weigher of souls – St Michael is often depicted holding balanced scales symbolizing his role in weighing souls during the Last Judgment. This signifies his involvement in the divine judgment of humanity.
- Guardian of the Church – St Michael serves as the guardian of the Church and the Chosen People. Throughout history, he has been revered by military orders of knights and is considered the patron saint of various cities and countries.

SOURCE: [www.catholic.org](http://www.catholic.org)

St. Michael's Feast Day is September 29<sup>th</sup>.

St. Michael is the patron saint of police officers, the military, doctors, paramedics, paratroopers, mariners, and many other vocations.

## WEEK 3 CHALLENGE ~ SCRIPTURE READING

The Catechesis from Pope Francis on Psalm 63 states,

*“Jesus speaks not only of hungering and thirsting for personal and social justice but also points to a deeper yearning for righteousness in the eyes of God.”*

St. Augustine similarly asserts:

*“You have made us for yourself, O Lord, and our hearts are restless until they rest in you. This desire lies within every human heart and finds its fulfillment in Christ, who through the paschal mystery has reconciled us to the Father and calls us to share with everyone the Good News of our justification. The Beatitude promises us that by promoting justice in this highest sense, we will find true satisfaction, for our thirsting for righteousness will be quenched by the love God pours out upon his children.”*

### **Psalm 63: 1-8**

*O God, you are my God; I seek you;  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
I will lift up my hands and call on your name.  
My soul is satisfied as with a rich feast,  
and my mouth praises you with joyful lips  
when I think of you on my bed  
and meditate on you in the watches of the night,  
for you have been my help,  
and in the shadow of your wings I sing for joy.  
My soul clings to you;  
your right hand upholds me.*

### **Psalm 119: 33-40**

*Teach me, O LORD, the way of your statutes,  
and I will observe it to the end.  
Give me understanding, that I may keep your law  
and observe it with my whole heart.  
Lead me in the path of your commandments,  
for I delight in it.  
Turn my heart to your decrees,  
and not to selfish gain.  
Turn my eyes from looking at vanities;  
give me life in your ways.  
Confirm to your servant your promise,  
which is for those who fear you.  
Turn away the disgrace that I dread,  
for your ordinances are good.  
See, I have longed for your precepts;  
in your righteousness give me life.*

*“Seek the kingdom of God and His righteousness, and the rest will be given to you.”*

Make God the center of your life, and you will be spiritually ordered in Christ's image. But if you make wealth and security your center, you will be empty. You make the choice: will God be your center? (Bishop Robert Barron from his Sermon: *“Seek First The Kingdom Of God”*)

*“Be imitators of God as beloved children and follow the way of love.” Eph5:1*

**Reflection:** The life of Christ was full of love, sacrifice and self-denial up to His Death. I am called to follow His example of Love. This means not to live for myself but for Him, Who loved me first, and for those in whom He wants to be loved.

**Prayer:** My Lord and my Savior, because You loved me, You gave up everything for me. Grant me the grace to repay your love with love, and your fidelity with fidelity (Rev. Bede Naegele, OCD, Minute Meditations for Each Day, Catholic Book Publishing Corp.).

Consider how you desire God? Do you seek God? Do you open your heart to receive Him? What do you do to be filled with God's love, through your thoughts, your words and your deeds? Do your ways reflect His way?

## PART II ~ LIVING THE BEATITUDE

### **WEEK 4 CHALLENGE ~ LIVING THE BEATITUDE AS AN INDIVIDUAL**

“The path of righteousness is an intentional series of actions. It is not something we think or pray about but an actual path we must walk. It is the path of seeking justice for all people. It is the path of living and reflecting the actions of Jesus.”

(<https://spectrummagazine.org/culture/path-righteousness-prayer-and-action/>)

It is because of Christ’s righteousness that we are made righteous and come into a right relationship with God.

“Our number one priority in life must be to have the righteousness of Christ. We need to surrender all of our ways into the hands of our Redeemer...” (Pamela Mandela, Self-Righteousness. Catholic Stand: Be Righteous But Not Self-Righteous.)

“Ho, everyone who thirsts, come to the waters.” Isaiah 55:1.

Jesus identifies three kinds of righteous deeds - Acts of Mercy, Prayer, and Fasting. See Matthew: 6:1-6; 6:16-18. Forgiving others and loving our enemies are also deeds to live by.

To paraphrase a recent homily presented at Divine Infant Church, we are called upon to Hear the Word of God, Accept the Word of God, and Surrender to the Word of God.

Consider yourself in relation to the fourth Beatitude, “*Blessed are those who hunger and thirst for righteousness, for they will be filled*”.

1. Do you pray for Jesus’s guidance, support, and love in your daily life? Do you pray the rosary daily to receive the many promised blessings? How can you incorporate more prayer into your life to assist you in becoming a more righteous person?
2. Pray the Chaplet of St. Michael the Archangel on page 11.
3. Seek to expand your knowledge of God’s Word by reading the bible regularly and reading or watching videos on Christ and His message of righteousness. The Divine Infant Parish library and on-line resources are great starting points to help you draw closer to Jesus and to model His life with righteousness.
4. Review Pope Francis’s description of the fourth Beatitude. How do you exemplify this Beatitude in your life? Keep a reflective journal to help you identify the ways in which you model the righteousness of Christ. For example, are you kind, patient, humble, forgiving, truthful and prayerful? Do you always seek the Presence of God and His righteousness in every aspect of your day, of your life?
5. Reaching Christ after we stumble, and fall is best accomplished through the Sacrament of Reconciliation. In what ways have you been restored to righteousness after receiving the blessing of this sacrament?

## WEEK 5 CHALLENGE ~ LIVING THE BEATITUDE AS A FAMILY

We act with righteousness when we live justly, honestly, and faithfully according to God's instructions. Try one or more of the following with members of your family.

1. Draw your family closer to the Word of Jesus by praying the rosary together or open a discussion on the meaning of the five decades of the rosary as they relate to righteous behaviour. For example, the second decade of the "*Joyful Mysteries*" is the "*The Visitation*", which focuses on charity for one's neighbor.
2. Attend Mass together as a family, partaking in the Eucharist. Have a discussion of what you have learned from the scripture readings and homily and their possible application in your life.
3. Discuss this quote from Bishop Robert Barron from his book, "*This Is My Body*", "The Eucharist is the richest participation in the very being of God who is nothing but love." (pg. 35)
4. Model righteousness as a family by volunteering your time and skills to assist the less fortunate. For example, visit a nursing or retirement home to bring comfort to those experiencing loneliness or illness, or donate to community initiatives such as clothing or food drives.
5. As a family, explore the role of Chalice whose "mission is to reveal God's love in action by serving the poor, with the Global Catholic community." Through Chalice, as a family, make a donation to enable a family to receive much needed resources or sponsor a child financially, and build a relationship through letter writing. Your gift, will provide "not only material goods but faith and hope for a better future." Chalice - Director's Letter 2023-2024 Lviv Sponsor Site Ukraine.
6. Join a church sponsored activity as a family and share in the joy of participating with others who strive to live a life of righteousness and devotion to God.

## WEEK 6 CHALLENGE ~ LIVING THE BEATITUDE AS A COMMUNITY

This week, live the fourth Beatitude as a community. Consider doing the following:

1. Help children understand righteousness through their participation in a special church community sponsored activity focusing on children. Each child in the parish is encouraged to donate a food item to the needy. The value of such a venture will be highlighted by a special procession to take place on a specified date during the 9:30 Mass celebration. Children will process up to the altar - led by a church leader carrying the cross - to deposit their gifts of food in baskets which, in turn, will be donated to the needy.
2. Pope Francis has designated the 2025 Holy Year as a time to renew ourselves as "Pilgrims of Hope" and has announced that five Holy Doors would be opened. "In the Catholic tradition, the Holy Door represents the passage to salvation - the path to a new and eternal life, which was opened to humanity by Jesus". (Pope Francis). Jesus said, "I am the door." (John 10:7) to make clear that no-one can come to the Father except through Him. What can you do during this Jubilee Year to reflect this concept of being a "Pilgrim of Hope" and the concept of "The Holy Door" in your community?
3. When discussing righteousness, Saint Paul clarifies righteousness as found in Philippians 3:8-9 "that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith." How, then, can we work to ensure that our thoughts, words and deeds reflect true righteousness as opposed to "self-righteousness", which involves a sense of pride in ourselves and comparison with others?



## WEEK 7 CHALLENGE ~ BLESSINGS RECEIVED & CLOSING PRAYER

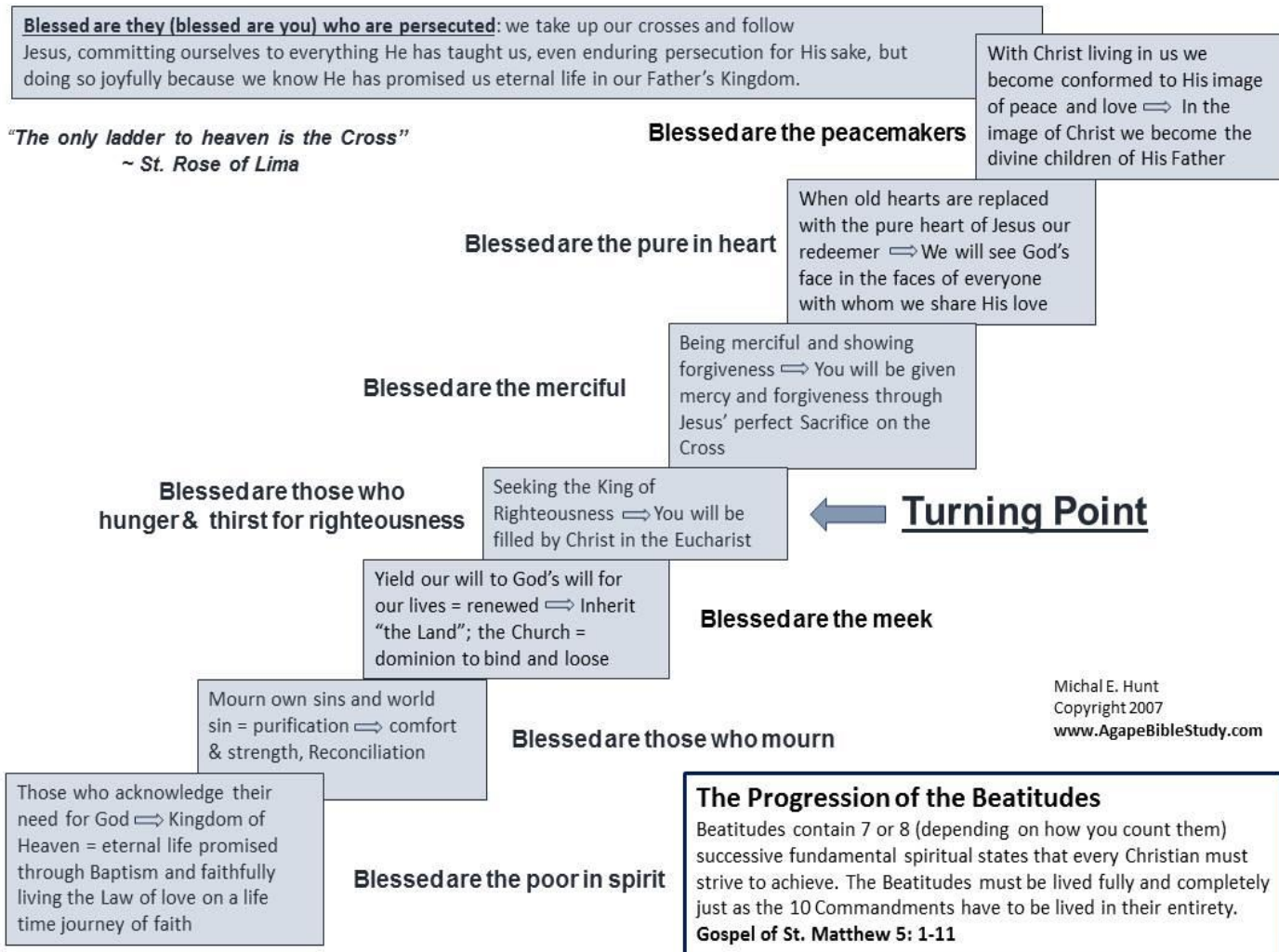
Reflect on the blessings you have received in living the fourth Beatitude, “*Blessed those who hunger and thirst for righteousness, for they will be filled*”. How has God helped you to identify your hunger and thirst for His right ways, and helped you to be fulfilled through prayer, reflection and deeds? Thank God for teaching you His ways and assisting you to be righteous in your thoughts and actions.

### *Prayer for all Things Necessary to Salvation*

*I BELIEVE Lord,  
But may I believe more firmly  
I hope, but may I hope more securely.  
I love, but may I love more ardently.  
I grieve, but may I grieve more deeply.  
I adore you as my first beginning.  
I aspire after you as my last end.  
I praise you as my perpetual benefactor.  
I invoke you as my merciful protector.  
Direct me by Your wisdom.  
Keep me in your grace.  
Console me with your mercy.  
Protect me with your power.  
I offer you, O Lord, my thoughts, that they may be about you;  
my words, that they may be spoken for your glory;  
my actions, that they may accord with Your will;  
my sufferings, that they may be accepted for Your sake.  
I desire whatever You desire. I desire it because You desire it.  
I desire it insofar as You desire it.  
I desire it as long as You desire it.  
I pray, O Lord, that you will enlighten my mind, inflame my will,  
cleanse my heart, and sanctify my soul.  
May I repent of past sins, repel future temptations, correct wicked  
tendencies, and cultivate virtuous ideals.  
Good Lord, grant that I may love you, renounce myself, do good to my neighbour, and be detached toward the world.  
May I strive to obey my superiors, support my inferiors, aid my friends, and spare my enemies.  
Help me to overcome sensuality by self-denial, avarice by liberality, anger by meekness, and tepidity by devotion.  
Make me prudent in counsel, steadfast in danger, patient in adversity, and humble in prosperity.  
Grant Lord that I may be attentive at prayer, temperate at meals, diligent at work, and constant in resolutions.  
Let my conscience be upright, my out-ward appearance be modest, my conversation be edifying, and my whole life be  
ordered.  
Help me to labor to overcome nature, to cooperate with your grace, to keep your commandments, and to further my  
salvation.  
Teach me the futility of earthly things, the greatness of divine things, the shortness of temporal things, and the length of  
eternal things.  
Grant that I may be prepared for death, fear judgment, avoid hell, and obtain paradise ----- through Christ our Lord.  
Pope Clement XI (1649-1721)  
From: *Minute Meditations for Each Day*,  
By Rev. Bede Naegele, OCD  
Catholic Book Publishing Corp.*



# THE BEATITUDE LADDER



## CHAPLET OF ST. MICHAEL THE ARCHANGEL

The Chaplet of St. Michael is a wonderful way to honor this great Archangel along with the other nine Choirs of Angels. What do we mean by Choirs? It seems that God has created various orders of Angels. Sacred Scripture distinguishes nine such groupings: Seraphim, Cherubim, Thrones, Dominations, Powers, Virtues, Principalities, Archangels and Angels (Isa. 6: 2; Gen. 3: 24; Col. 1: 16; Eph. 1: 21; Rom. 8: 38). There may be more groups, but these are the only ones that have been revealed to us. The Seraphim is believed to be the highest Choir, the most intimately united to God, while the Angelic Choir is the lowest.

The history of the Chaplet of St. Michael goes back to a devout Servant of God, Antonia d'Astonac, who had a vision of St. Michael. He told Antonia to honor him by nine salutations to the nine Choirs of Angels. St. Michael promised that whoever would practice this devotion in his honor would have, when approaching Holy Communion, an escort of nine angels chosen from each of the nine Choirs. In addition, for those who would recite the Chaplet daily, he promised his continual assistance and that of all the holy angels during life, and after death deliverance from purgatory for themselves and their relations.

### The Chaplet of St. Michael

O God, come to my assistance.  
O Lord, make haste to help me.  
Glory be to the Father, etc.

*[Pray one Our Father & three Hail Marys after each of the following nine salutations in honor of the nine Choirs of Angels]*

1. By the intercession of St. Michael and the celestial Choir of Seraphim may the Lord make us worthy to burn with the fire of perfect charity. Amen.
2. By the intercession of St. Michael and the celestial Choir of Cherubim may the Lord grant us the grace to leave the ways of sin and run in the paths of Christian perfection. Amen.
3. By the intercession of St. Michael and the celestial Choir of Thrones may the Lord infuse into our hearts a true and sincere spirit of humility. Amen.
4. By the intercession of St. Michael and the celestial Choir of Dominations may the Lord give us grace to govern our senses and overcome any unruly passions. Amen.
5. By the intercession of St. Michael and the celestial Choir of Virtues may the Lord preserve us from evil and falling into temptation. Amen.
6. By the intercession of St. Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil. Amen.
7. By the intercession of St. Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience. Amen.
8. By the intercession of St. Michael and the celestial Choir of Archangels may the Lord give us perseverance in faith and in all good works in order that we may attain the glory of Heaven. Amen.
9. By the intercession of St. Michael and the celestial Choir of Angels may the Lord grant us to be protected by them in this mortal life and conducted in the life to come to Heaven. Amen.

*Say one Our Father in honor of each of the following leading Angels:  
St. Michael, St. Gabriel, St. Raphael and our Guardian Angel.*

### Concluding prayers:

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day.

Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ, that we may be made worthy of His promises.

Almighty and Everlasting God, Who, by a prodigy of goodness and a merciful desire for the salvation of all men, has appointed the most glorious Archangel St. Michael Prince of Your Church, make us worthy, we ask You, to be delivered from all our enemies, that none of them may harass us at the hour of death, but that we may be conducted by him into Your Presence.

This we ask through the merits of Jesus Christ Our Lord. Amen.

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To learn about the Catholic Women's League  
please visit our parish website at  
[www.divineinfant.on.ca/cwl.html](http://www.divineinfant.on.ca/cwl.html)



Catholic Women's League  
Divine Infant Parish  
Orleans ON

**FOUR WAYS TO BE A CATHOLIC WOMEN'S LEAGUE MEMBER**

- Fully Active:** Attends meetings, serves on committees, and takes advantage of the personal and spiritual opportunities the League offers.
- Partially Active:** Is willing to help when able on a task by task basis, wants to be part of the League and wants to make a difference but has limited time to offer.
- Prayerfully Active:** Prays for the League and members
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