

Fourth Sunday in Ordinary Time

1 February 2026 - Year A

"Blessed are the poor in spirit."

Something to Think About

How do you think God wants us to act in the world to show that we are followers of Jesus?

The Story

In this story, Jesus is teaching on a mountain. He tells the disciples that God will bless people who are peacemakers, whose hearts are pure, who work for justice. People will be blessed if they depend on God, if they are humble, and if they try hard to obey God. Jesus is telling his listeners that God has a special love for people who try to love like Jesus loves.

The Scriptures

A reading from the holy Gospel according to Matthew (5:1-12)

When Jesus saw the crowds, he went up on the side of a mountain and sat down.

Jesus' disciples gathered around him, and he taught them:

"God blesses those people who depend only on him. They belong to the kingdom of heaven!

God blesses those people who grieve. They will find comfort!

God blesses those people who are humble. The earth will belong to them!

God blesses those people who want to obey him more than to eat or drink. They will be given what they want!

God blesses those people who are merciful. They will be treated with mercy!

God blesses those people whose hearts are pure. They will see him!

God blesses those people who make peace. They will be called his children!

God blesses those people who are treated badly for doing right. They belong to the kingdom of heaven.

God will bless you when people insult you, mistreat you, and tell all kinds of evil lies about you because of me. Be happy and excited! You will have a great reward in heaven."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Group Discussion

Talk together about ways to act that will clearly demonstrate that we are working towards God's kingdom and that God blesses us. You might like to compose your own list of beatitudes together.

Praying For Others

Leader: Let us pray now for the leaders of our Church, our world, for those in our community and for our own needs.

Reader 1: We pray for leaders who work together to bring about peace in the world. Lord, hear us.

All: Lord, hear our prayer.

Reader 2: We pray for those who are sick or suffering. Lord, hear us.

All: Lord, hear our prayer.

Reader 3: We pray for those who cannot find happiness in their life. Lord, hear us.

All: Lord, hear our prayer.

Reader 4: We pray that we will forgive others. Lord, hear us.

All: Lord, hear our prayer.

Reader 5: We pray for those people who are not treated fairly. Lord, hear us.

All: Lord, hear our prayer.

Reader 6: We pray for our own needs. *(Invite the children to pray for their own special intentions).* Lord, hear us.

All: Lord, hear our prayer.

Leader: Loving God, listen to the prayers we make in the name of Jesus.

All: Amen.

Prayer



Dear Jesus,
Teach us to be fair, kind, peaceful and
forgiving. Help us always to think about
what God would want us to do to.
Amen.

Video (optional)

Click to watch the video: [The Beatitudes](#)



Group Activity (optional)

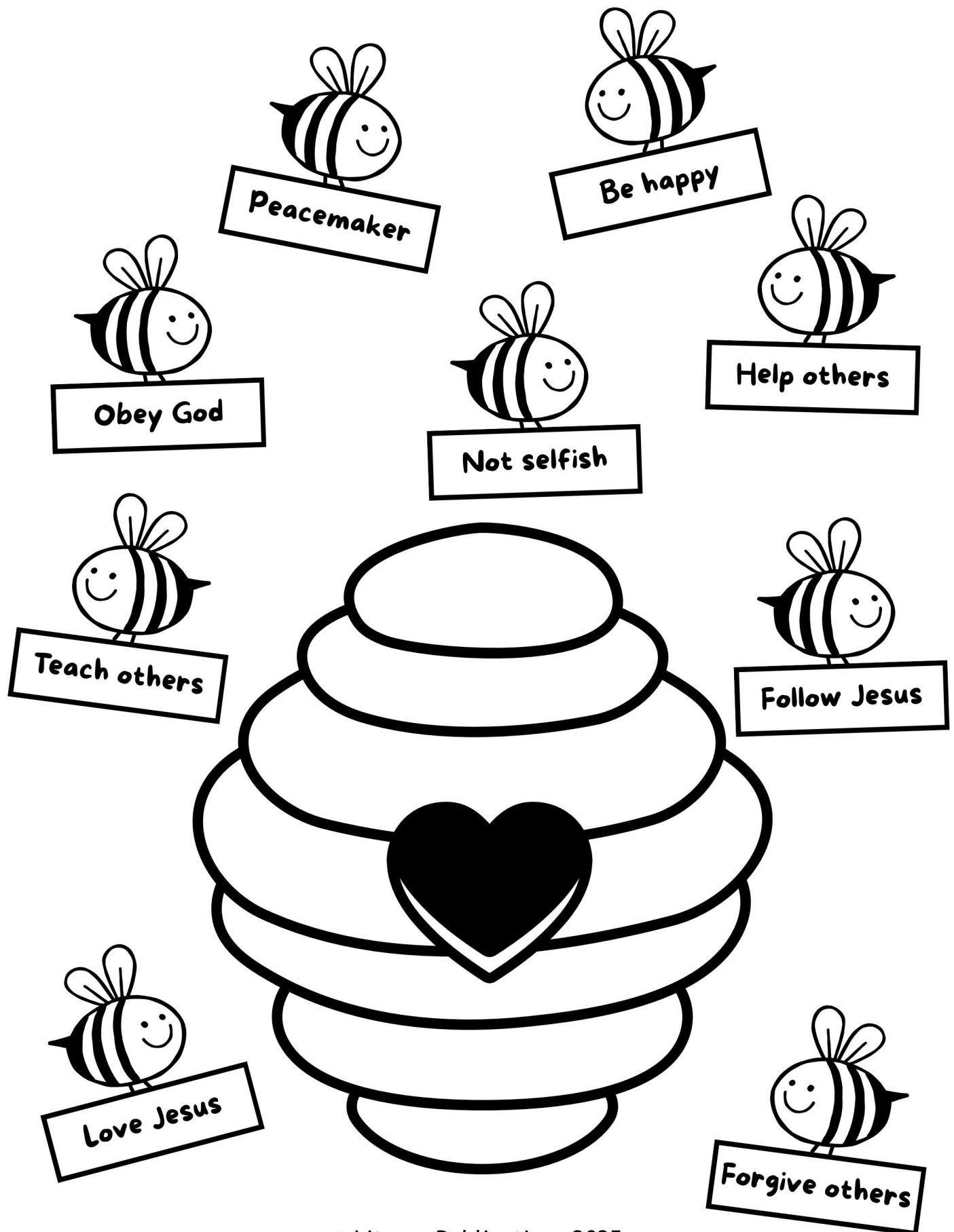
THE BEE-ATTITUDES

You will need: a colouring sheet for each child, bright coloured markers or crayons, optional yellow glitter glue for the beehive.

- Talk to the children about the words that each of the little bees is carrying.
- Remind children that God will bless them when they act in these ways.
- Encourage them to colour brightly.
- Offer some yellow glitter glue at the end to make the beehive sparkly!



The Bee-Attitudes



BEATITUDES

Word Search

M	Y	D	V	H	E	A	V	E	N	Y	P	N	O
O	H	C	R	O	W	D	S	I	L	J	O	Q	L
U	G	P	Z	Q	N	E	P	Q	P	G	O	D	E
R	E	M	J	S	R	E	I	G	O	K	R	M	M
N	N	K	E	T	H	I	R	S	T	D	H	E	N
T	T	D	S	G	E	N	I	D	I	I	G	R	B
H	L	I	T	S	P	O	T	K	U	S	F	C	H
I	E	S	J	E	S	U	S	S	Y	C	A	I	E
Q	B	C	E	H	E	C	V	L	T	I	S	F	A
F	C	H	I	L	D	R	E	N	R	P	A	U	R
H	U	N	G	E	R	G	O	A	E	L	F	L	T
B	P	J	E	I	B	L	E	S	S	E	D	S	V
M	O	U	N	T	A	I	N	Q	W	S	O	X	C



poor
gentle
blessed
spirit

heart
children
God
thirst

crowds
mountain
disciples
Jesus

mourn
heaven
hunger
merciful