

When Jesus saw the crowds, he went up the mountain. He sat down and his disciples came to him. He began to speak, and taught them, saying:

‘Blessed are those who realise how much they need God’s help, for the kingdom of heaven belongs to them.

Blessed are those who are sad because of a death, for they will be comforted.

Blessed are the gentle and humble, for they will inherit the earth. *

Blessed are those who hunger and thirst for goodness and justice, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God. *

Blessed are those who are made to suffer for the sake of goodness, for the kingdom of heaven belongs to them.

Blessed are you when people criticise you, and hurt you and say all kinds of untrue evil things against you because you are my follower. *

Rejoice and be glad, for you will have a great reward in heaven. The prophets who spoke for God long ago were badly treated, too.’ *

Matthew 5:1-12

