

BLESSED BE THE GENTLE

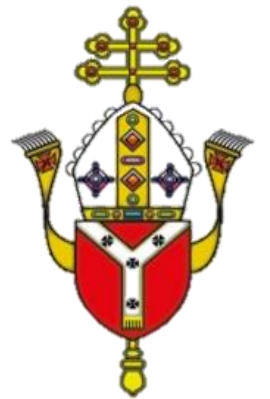
FOR PRIMARY SCHOOLS



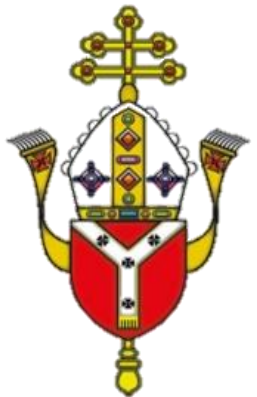
GATHER



Father,
Thank you for your word.
Help us to listen
And show your love.
Amen



What is happiness? What makes you happy?



LISTEN

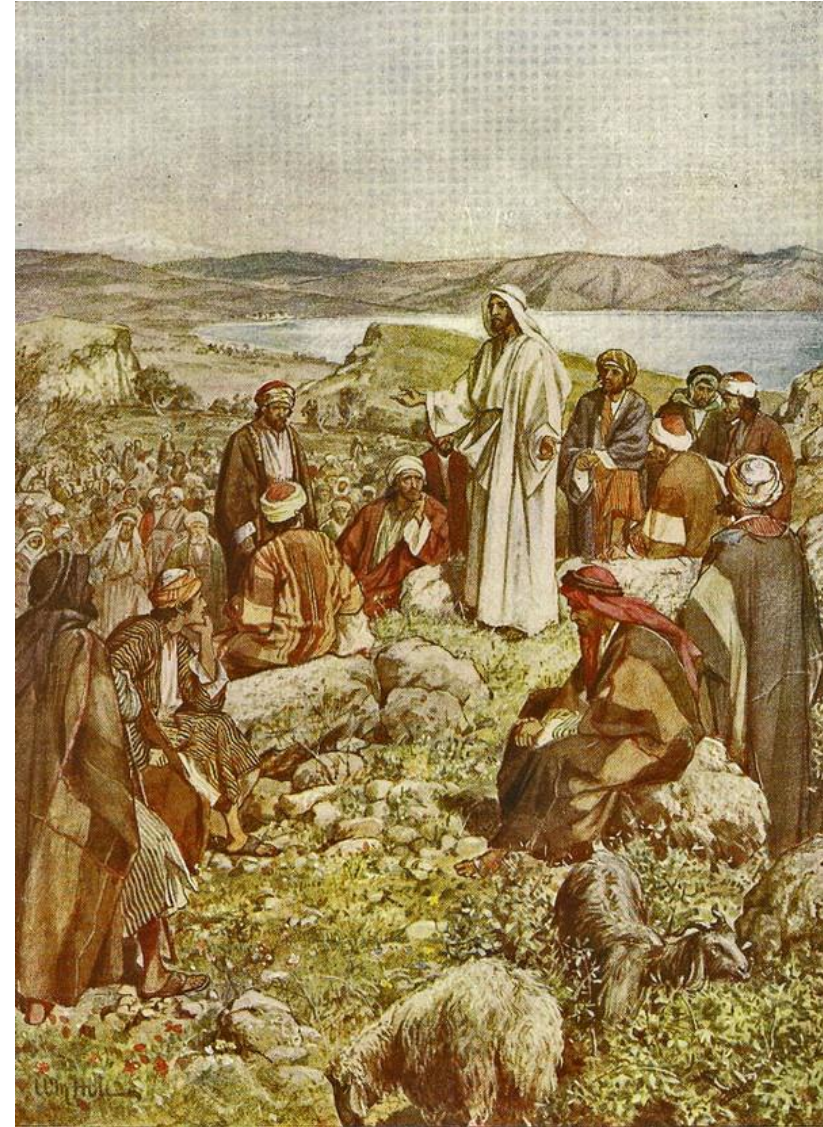
Jesus knew what brings real happiness so he taught us how to be truly happy or 'blessed'.

He did this by giving a special talk to lots of people on a mountain.

It is called 'The **Sermon on the Mount**'.

He taught us about 8 attitudes which are called the **Beatitudes**.

[Click here to watch the Sermon on the Mount](#)



This is what Jesus said (*Matthew 5*)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness,
for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

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

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

Blessed are those who suffer persecution for righteousness' sake,
for theirs is the kingdom of heaven.





Can you remember who Jesus said was 'blessed'?
Was it those who were rich? Or had designer clothes?
Or were popular?

What was Jesus trying to teach his followers then and now?



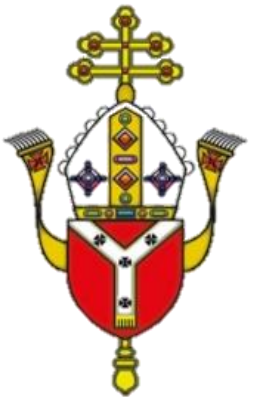
LISTEN: Be gentle

The third beatitude tells us:

*'Blessed are the meek
for they shall inherit
the earth.'*



[Click here to find out about being gentle](#)



What does it mean to be 'meek'?

Meek also means to be:

- Gentle
- Humble
- Lowly
- Mild

We are going to use the term **gentle**.

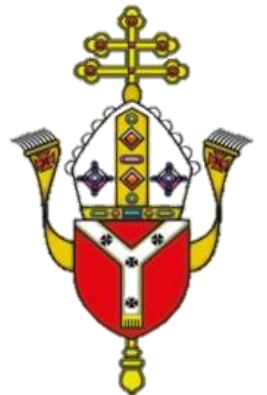
It requires great inner strength and is not the same as being quiet or just letting others do whatever they want.



RESPOND : 'Blessed are the gentle'

What does this mean
for you?

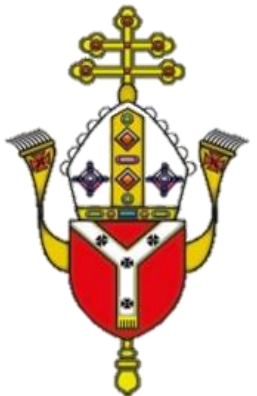
How can you be gentle?



RESPOND : 'Blessed are the gentle'

DO

- ✓ Be gentle to others and yourself
- ✓ Be gentle to the world and all creatures
- ✓ Use your power carefully
- ✓ Work hard and do your best



RESPOND: 'Blessed are the gentle'



TRY NOT TO:

- ❖ Be the loudest or the proudest
- ❖ Show off or brag
- ❖ Be a bully
- ❖ Take your anger out on others
- ❖ Harm other people, the earth or God's creatures



RESPOND - Prayer

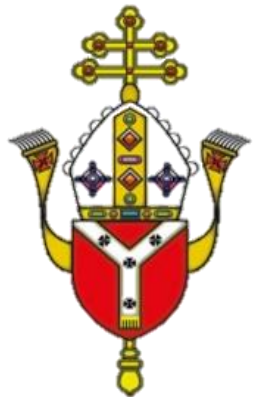
God our Father,

I am sorry for the times when I have not had a meek attitude and hurt others.

Help me to live like Jesus and be gentle in my words and actions.

Send your Holy Spirit to guide me so that I can use my power and my gifts carefully and humbly.

This I ask in Jesus' name. Amen

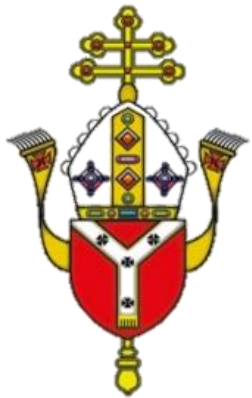


MISSION

Choose:

- Write and decorate the words Jesus said about being gentle and learn them.
- Find out about gentle saints. Say a prayer of/to your favourite one.
- Research what Pope Francis said about being gentle and how we should treat others and the earth.
- Find out what else the Bible tells us about gentleness.
- Be gentle in your home today.





BE GENTLE

