

RELATED SCRIPTURE PASSAGES:

Suffering:
 John 16:33;
 Romans 8:18;
 Romans 12:12;
 1 Peter 4:12-13;
 1 Peter 5:10;
 James 1:2-18,12

RELATED CATECHISM OF THE CATHOLIC CHURCH REFERENCES:

Beatitudes:
 1717;
 1723 (The quote with this is from John Henry Cardinal Newman spoken in 1906, but astoundingly relevant today.);
 1725-29

Happiness:
 45; 1045; 1048;
 1057; 1818

RELATED YOUCAT REFERENCES:

Suffering:
 66

Happiness:
 3; 281-285

THE BEATITUDES

SYNOPSIS

We all want to be happy. The question is, "How do we make that happen?" Explore a nonconventional path to true happiness.

SUGGESTED USES FOR THIS VIDEO

✠ This film can be used in large or small group discussion on topics such as real happiness, the blessing of suffering, or learning to resist the world's desire to run from discomfort.

QUESTIONS FOR DISCUSSION

1. Which of the first scenarios could you most identify with?
2. Have you ever thought about your attitude being anti-beatitude?
3. In what ways has this attitude made being happy challenging?
4. How easy do you think it would be to change?
5. What specific things would you need to do to change?
6. What kind of help would you need in order to change?
7. Why does Jesus tell us to celebrate some things that involve suffering?
8. How can suffering make us happy?
9. Why does Jesus tell us to do things that are "hard"?
10. Discuss the following quotes about suffering:

"Always remember to love your neighbor; always prefer the one who tries your patience, who tests your virtue, because with her you can always merit: suffering is Love; the Law is Love."
 — *Blessed Mary of Jesus Crucified*

"If God sends you many sufferings, it is a sign that He has great plans for you and certainly wants to make you a saint."
 — *St. Ignatius of Loyola*

“Suffering is a great grace; through suffering the soul becomes like the Saviour; in suffering love becomes crystallized; the greater the suffering, the purer the love.”

— *St. Faustina*

“If you really want to love Jesus, first learn to suffer, because suffering teaches you to love.”

— *St. Gemma Galgani*

“Our Lord and Savior lifted up his voice and said with incomparable majesty: ‘Let all men know that grace comes *after* tribulation. Let them know that *without the burden of afflictions it is impossible to reach the height of grace*. Let them know that the gifts of grace increase as the struggles increase. Let men take care not to stray and be deceived. This is the only true and stairway to paradise, and *without the cross they can find no road to climb to heaven.*’”
(*emphasis added*)

— *St. Rose of Lima*

“Dear brothers and sisters, I pray God may open your eyes and let you see what hidden treasures he bestows on us in the trials from which the world thinks only to flee. Shame turns to honor when we seek God’s glory. Present afflictions become the source of heavenly glory. To those who suffer wounds in fighting his battles God opens his arms in loving, tender friendship. That is why he (Christ) tells us that if we want to join him, we shall travel the way he took. *It is surely not right that the Son of God should go his way on the path of shame while the sons of men walk the way of worldly honor: The disciple is not above his teacher, not the servant greater than his master.*” (*emphasis added*)

— *St. John of Avila*

