

Chapter 12: Grace Leads to Beatitude

Jesus came so that we may be transformed by grace.

Chapter Summary

Jesus calls us to a life of holiness and perfect charity. Charity and the rest of the supernatural moral virtues demand more than the human moral virtues. Such a life is impossible without God's gift of grace and action. God's grace heals the wounds caused by Original Sin and elevates us beyond our human abilities. In particular, the supernatural virtues given by God's grace enlighten our reason, strengthen and direct our will to God, and order our desires. Jesus comes to make this transformative grace available to us. He also comes to teach us the Beatitudes as concrete ways to follow Him in life and to Heaven. Jesus was revealed in the Transfiguration as the Messiah, who fulfills the Law and the Prophets. By following Him, we can be transformed and shine with the light of God's grace.

Actions of True Happiness

In this guided *lectio divina*, you will pray with one of the Beatitudes. You can find general information on *lectio divina*, as well as its four-step process, on the parent portal.

This meditation can be as short or long as you want it to be. Aim for fifteen minutes to begin.

Step 1: *Lectio* (Reading)

Begin with the Sign of the Cross. Read this passage out loud: "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied" (Matthew 5:6). Pause and then read the passage once more.

Step 2: *Meditatio* (Meditation)

Answer these questions in silence:

- Did any words, pictures, or thoughts come into your heart?
- What is God saying to you in this passage?
- To be righteous means to be of good character because of your virtue and obedience to God.
- What does it mean to "hunger and thirst" to be virtuous?

Step 3: *Oratio* (Prayer)

- Read the passage again. Sit in silence for a few minutes. Talk to God in prayer.
- To be virtuous requires God's grace. Ask God for the grace you need to be virtuous.
- Bring to God the times when it is difficult to be virtuous.

Step 4: *Contemplatio* (Contemplation)

- Read the passage one last time. Sit in silence. Focus on listening to God.
- Picture Jesus living with virtue. What image comes to mind?
- How is God calling you to imitate this example in your life?

Conclude with the Sign of the Cross.

For more family faith formation resources, go to the parent portal.