

FAMILY PAGE: BLESSED ARE THE PURE IN HEART

FAMILY QUESTION: WHERE DO WE SEE GOD?

This week we talked about the fifth beatitude, "Blessed are the pure in heart, for they will see God." This kind of purity is about being people of integrity. Jesus reminded us that when our actions align with our thoughts and feelings, we can see God around us and in our world. But it is difficult to see God around us if we do not quiet ourselves and listen to our hearts. This week your family challenge is to take a moment or several moments to ground yourselves, listen to the world around you, and ask one another, "where do you see God today?"

BRIEF REFLECTION

A huge crowd of people followed Jesus. He saw their hurts and pains and cared for them in many ways. He led them to a mountain and told them about God's kingdom. You can think of a "kingdom" as the way the world works or is set up. In God's kingdom, there is abundance: more than enough honor, food, money, love, power, and resources for everyone to thrive.

Jesus says, *"Blessed are the pure in heart, for they will see God."*

Jesus cares about our bodies, hearts, and minds—how we act, feel, and think. Put a hand on your heart right now. In our bodies, our beating heart is the center and is what keeps us alive! The heart is also the center of how we live our lives. What we most want and need, what we feel, and what's important to us are all carried in our hearts. What we carry in our hearts has a big impact on the actions we take and the choices we make. The inside of us directs the outside of us. This is why the heart—the inside of us—is important to Jesus. It's why Jesus said the "pure in heart" will be blessed.

To be pure in heart is to show love for God, your neighbor, and yourself in how you act, speak, and think. When you live from purity of heart, you want wholeness for everyone and will do kind and helpful things because you love God and your neighbor. You aren't focused on how it makes you look or what kind of reward might be in it for you. Maybe you empty the dishwasher because you know that's a way to show love to the grown-up in your life. Or you clean up your toys and belongings because this makes the house a nice, safe, and loving place for everyone in the family (not so you can earn an allowance or more screen time).

And when we are pure in heart, we will "see" God. We see and experience God's presence when we see the fruits of God's Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Our eyes will open to the ways we see people caring for one another and the ways we experience it ourselves. And seeing how God is present in our midst gives us encouragement and hope.

PRAYER

Loving God, You are always real and true in what you do and promise. Please help us live our outward lives from pure inward hearts. We want to think, speak, and act because of our love for you and your world. We want to see your Spirit active and at work and be a part of your team. Amen.

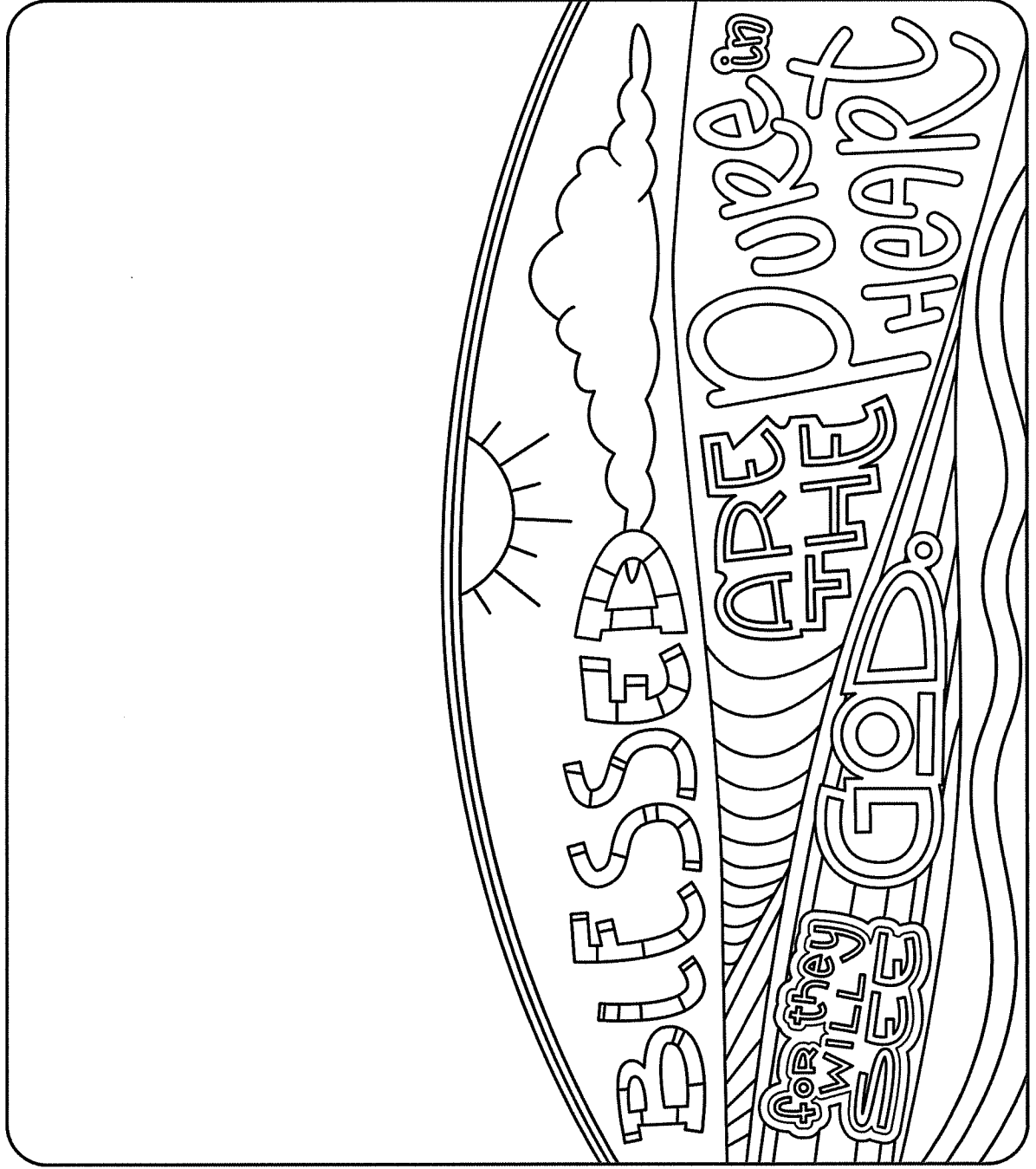
DISCUSSION QUESTIONS

When you think of a "pure heart," what do you picture?

What do you think are some of the "right" or pure reasons to show love and compassion?

When have you done something kind or helpful because you just wanted to show kindness? How did that feel?

In the coloring page's blank space, write or draw what this beatitude looks like or means to you, or write or draw a modern-day version of the beatitude.



PURELY ME



Inside and out,
up and down,
and all around.

On the outside you see:

Examples: brown eyes, black hair in braids, long feet, glasses, lots of purple, a soccer player

On the inside you will find:

Examples: curiosity, kindness, fear of bugs, love for reading, sadness for my grandfather, excitement for my next sibling

And something you might not know about me by looking is:

Example: I want to be an actor when I grow up.

And that is ME! **Purely ME!**

And God **LOVES** every part.