

PRAYING THE BEATITUDES AS A DAILY OFFICE

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MONDAY: *Matt. 5:3 Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

Lord God, my Father, help me to accept my brokenness, emptiness, and utter need for You. Enable me to reject the values and pride of the world and, by Your grace, to make wise choices today that I may climb up the ladder of humility towards You. "God have mercy on me, a sinner" (Lk. 18:13).

TUESDAY: *Matt. 5:4 Blessed are those who mourn, for they will be comforted.*

Lord, help me to find safety in You as I embrace my vulnerability, humanity, and limits. Provide grace for me to not pretend or lie or deny the pain of life, thus avoiding both reality and You. May I pay attention this day to the loss and grief around me, and be willing to wait for You in what often appears to be a "confusing in-between." I place my hope in You, O Lord, and in Your unfailing love.

Matt. 5:5 Blessed are the meek, for they will inherit the earth.

Lord, grant me grace today to wait on You. You know my tendency to get angry, frustrated, and impatient with others, myself and my circumstances. Almighty God, help me to drop my defenses this day and be approachable, kind, merciful, non-defensive and appropriately assertive. "I wait for the Lord, my soul waits, and in His word I put my hope" (Ps. 130:5)

WEDNESDAY: *Matt. 5:6 Blessed are those who hunger and thirst for righteousness, for they will be filled.*

Lord, may I seek You above all else this day, for "Your love is better than life" (Ps. 63:3). Help me to actively make wise choices today that will satisfy my deep hunger for You. Enable me to persevere in faithfulness through any "dark night of the soul" you may choose for me. Purge my soul of all polluted affections, habits and rebellions. May your Spirit saturate my spirit, and may your deepest desires, longings and dreams become mine, O Lord. Fulfill Your will through my earthly life this day.

Matt. 5:7 Blessed are the merciful, for they will be shown mercy.

Lord, enable me this day to slow down and eliminate hurry, that I might remember You and the richness of Your mercy towards me. Today I offer you my hurts, anger, bitterness and disappointments. Enable me to forgive as generously and consistently as You forgive me. Teach me how to appropriately process any anger toward You, others and myself. I wait on You and trust in You, Lord. Show me the way of Your wisdom and love this day.

THURSDAY: *Matt. 5:8 Blessed are the pure in heart, for they will see God.*

Lord, I ask you today for a pure "clean, uncluttered" heart. I long to see Your face, that there would be nothing between You and me. Lord, show me what to say "no" to, so I will have time and energy to reflect on my heart before You. Cleanse my heart from gluttony, lust, greed, uncontrolled anger and impatience, self-pity, laziness, competitiveness with others, and pride. May I surrender to Your will this day, remembering Your loyal love. May it soften my will and transform me to follow Your leading and presence in every decision I make this day.

Matt. 5:9 Blessed are the peacemakers, for they will be called sons of God.

Lord, help me to follow Jesus in bringing true peace to the world around me. Deliver me today from living a "false peace" by avoiding conflict and appeasing others out of fear. Give me courage to disrupt false peace around me when needed. Fill me with the love and humility of Jesus as I step out in faith to do this. Give me wisdom and prudence to discern how to proceed. Finally, grant me the inner authority, the clarity, and the grace to persevere as I follow You in being a true peacemaker today.

FRIDAY: *Matt. 5:10-12 Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.*

Lord, You say true peacemaking will lead, at times, to rejection by the world. Fill me with courage to speak and live the truth – even when it is not popular or convenient. Today I choose the narrow road of: poverty of spirit, mourning, meekness, hunger and thirst for You, mercy, purity of heart, and true peacemaking. Help me, Lord, not to love the world or anything in it (1 Jn.2:15), that I may love You alone with all my heart, mind, soul and strength.

Matt. 5:13-16. You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. You are the light of the world.

Lord, You have richly blessed me and given to me a purpose and calling. Your desire is that I be salt and light. Free me from the contamination of pride, defensiveness, impatience, bitterness, busyness, and fear of people. Show me how to integrate spiritual disciplines into my life according to my unique life situation, temperament and calling. Help me to live out the Beatitudes so that my life can preserve and bring life to those around me. And may people, as a result, praise You, my Father in heaven.

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