

“Blessed are those who mourn, for they will be comforted (Mt 5:4)

In the Sermon on the Mount, **Jesus** revolutionizes our human way of thinking by calling “**blessed**” those who, at first glance, could seem anything but happy: the poor, the persecuted, the meek, those who spend their lives bringing peace to others....

In speaking of those who “mourn,” Jesus does not mean

a particular category of people, **but he is thinking of all who suffer** - regardless of age, sex, race or nationality – and for whatever reason: a misfortune, a natural disaster, an illness, the death of a loved one, the loss of possessions or reputation. He’s thinking of disappointments and unspoken pain.



Jesus **is thinking of all these people, and of you too**, if you are suffering at the moment.



They will be comforted

By using the future tense, Jesus is certainly referring to the time when his kingdom is established. This fills our hearts with hope, and hope lessens suffering.

da un commento di Chiara Lubich
dalla Parola di vita di nov'98

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"Blessed are those who mourn, for they will be comforted".

(Mt 5:4)

However, Jesus is **not trying to make those who are unhappy resign themselves to their situation** with the promise of a future reward.

He is thinking of the present, too. His kingdom is already here, even though not yet in its final form.

As Christians, the kingdom of God is present in our hearts too. God lives in us. So the blessedness Jesus proclaimed can already be ours.



Taking up the cross

Jesus said that we should accept the sufferings that come upon us in the same way that he accepted his own.

He wants you to "take up" your cross; he does not want you to hate it, reject it, push it away, or simply drag it along.

He asks you to love it.

He wants you to set it squarely on your shoulders. What's more, he wants you to brandish it like a torch, like a flag.



God makes it lighter for you

Then you will experience the miracle of the kingdom. You will be able to carry it. You will even be able to smile amid your tears.

You will feel a strength that is not yours, a strength that comes from him.

And you will understand why he says, "**My yoke is easy and my burden is light**".

The sufferings may remain, but we will experience **a new vigor** that helps us bear the trials of life and enables us to help others to overcome their troubles, too, and to see them as Jesus saw his, and accept them as a means of redemption.



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Chiara "Luce" Badano proclaimed Blessed in 2010