

## JESUS GAVE US A ROAD TO HAPPINESS

Let us see if we have strayed from the right path and sinned against God, our neighbour and ourselves.

### **'HAPPY THE POOR IN SPIRIT: Theirs is the Kingdom of heaven.....'**

- Am I honest in my handling of money?
- Am I trying to make money in exploiting others?
- Am I mean or wasteful? Am I humble?
- Am I generous in sharing my time, my talents, my goods, money with others?
- Do I care for my family or do I make their life a misery?

### **'HAPPY THE GENTLE: They shall have the earth for their heritage.'**

- Am I kind to others? Or am I sarcastic towards them?
- Do I gossip, spread rumours or tell lies about others?
- Do I hurt others in any way by my words, gestures or actions?
- Do I listen to others with understanding?
- Am I sensitive to the sufferings of others?

### **'HAPPY THOSE WHO MOURN: They shall be comforted...'**

- Am I willing to accept discomfort and suffering?
- Do I sacrifice my pleasure? Do I fast?
- Do I turn a blind eye to the problems of others for fear of getting involved?
- Do I despise or ignore the weak or those who do not think like me?

### **'HAPPY THOSE WHO HUNGER AND THIRST FOR WHAT IS RIGHT: They shall be satisfied.....'**

- Do I give just wages and just working conditions to those who work for me?
- Do I cheat those for whom I work?
- Have I stolen from others? Did I give back what I stole?
- Have I been violent with others?
- Do I harbour prejudices against the rich / poor?
- Do I accept racial prejudice?
- Do I betray other people's confidence / secrets?

### **'HAPPY THE MERCIFUL: They shall have mercy shown them.....'**

- Am I slow to forgive others?
- Do I harbour grudges or resentment?
- Am I ever secretly displeased at another's failure?
- Do I work for greater tolerance and understanding?
- Do I hurt others, being hard and cold towards them?

### **'HAPPY THE PEACEMAKERS: They shall be called sons of God.....'**

- Do I fight and quarrel with others?
- Do I take drugs?
- Am I obstinate in my opinions?
- Do I listen to the other person's point of view?
- Do I make peace after an argument, after a fight? (Reconciliation)

### **'HAPPY THE PURE IN HEART: They shall see God.....'**

- Do I accept impure thoughts? And take part in impure jokes / conversations?
- Do I take pleasure to watch films / videos which encourage free sex, adultery etc?
- Do I ever commit impure actions alone or with others (masturbation, adultery, sex before marriage, etc)?
- Do I use others for my own personal pleasure?
- Am I faithful to my husband / wife in thought, words and deeds?
- Do I respect my own dignity of son / daughter of God?
- Have I been responsible for an abortion?

### **'HAPPY THOSE WHO ARE PERSECUTED IN THE CAUSE OF RIGHT: Theirs is the kingdom of heaven.....'**

- Am I indifferent to those who suffer in the cause of right?
- Do I run away from the truth in case I may be hurt?
- Do I accept the church's teaching?
- Do I go to Mass regularly and take part fully in the Eucharist?
- Have I been to communion in state of serious sin?
- When last did I go to confession? Did I hide / conceal serious sin?