

# What Makes You Happy?

List six things that you really believe would make you happy.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Now look at the list you have created and mark off any which you think coincide with one of the Beatitudes. 'Blessed' at the beginning of each Beatitude is often substituted by 'Happy'.

Blessed (Happy) are the poor in spirit ...

Blessed (Happy) are those who mourn ...

Blessed (Happy) are the meek ...

Blessed (Happy) are those who hunger and thirst for righteousness ...

Blessed (Happy) are the merciful ...

Blessed (Happy) are the pure in heart ...

Blessed (Happy) are the peacemakers ...

Blessed (Happy) are those who are persecuted for righteousness' sake ...

What have you noticed about trying to tally your list with the Beatitudes?

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