

RESTING IN THE BLESSEDNESS OF GOD'S MERCY

PSALM33:20-21 – The Blessings of Faith

- ²⁰ Our soul waiteth for The LORD:
He is our help and our shield.
- ²¹ For our heart shall rejoice in Him,
because we have trusted in His holy Name.
- ²² Let Thy Mercy, O LORD, be upon us,
according as we hope in Thee!¹

MATTHEW 5:3-12 – The First Seven Beatitudes

- ³ Blessed are the poor in spirit:
for theirs is The Kingdom of Heaven.
- ⁴ Blessed are they that mourn:
for they shall be comforted.
- ⁵ Blessed are the meek:
for they shall inherit the earth.
- ⁶ Blessed are they which do hunger and thirst after righteousness:
for they shall be filled.
- ⁷ Blessed are the merciful:
for they shall obtain mercy.
- ⁸ Blessed are the pure in heart:
for they shall see GOD.
- ⁹ Blessed are the peacemakers:
for they shall be called the children of GOD!²

A Meditation by Saint Bernard of Clairvaux

“GOD’s Grace builds within our human souls a sevenfold Blessedness:
Through the spirit of reverence, He makes us the blessed poor in spirit.
Through the spirit of piety, He makes us meek.
Through the spirit of knowledge, He makes us mournful for our sins.
Through the spirit of fortitude, He makes us hunger and thirst for justice.
Through the spirit of counsel, He makes us merciful.
Through the spirit of understanding, He makes us pure of heart.
Through the spirit of wisdom, He makes us peacemakers...
Thus, The Peace of GOD, which passes all understanding, rises up in our hearts!”³

¹ King James Version Bible, PSALM33:10-11.

² King James Version Bible, MATTHEW 5:3-9.

³ Adapted from “How The Last Becomes First,” meditation on MATTHEW 19:23-30, by St. Bernard of Clairvaux. The Magnificat, Tuesday, August 20, 2013, p 288-289. St. Bernard of Clairvaux (1090-1153), a Cistercian, worked for renewal, peace and unity in The Church.