

# Happy Are the Poor in Spirit

Keep these ideas in mind as you study *Chapter 21*.

❖ Jesus showed us that happiness is not found in owning things or in having only good things happen to us. The source of Jesus' happiness was God's love.

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❖ While teaching on a mountainside, Jesus gave us the eight Beatitudes to help us live in hope and love. This teaching was part of his Sermon on the Mount. The Beatitudes show us the way to happiness. They lead us to God's kingdom, where we will share God's life forever.

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❖ The first Beatitude tells us to be poor in spirit. If we are poor in spirit, we will share with others.

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❖ Saint Francis of Assisi was poor in spirit when he left behind his riches. He did not miss his wealth because he loved God above all things. Saint Francis wanted to share God's love with others. Most of all, he wanted to share it with the people in the world who were hungry, poor, and sad.

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❖ Sharing with others, being grateful for God's gifts, being satisfied having what we need, and realizing that we always need God is to be poor in spirit.

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❖ People are foolish to think that riches can bring them happiness.

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