Year C - 6th Sunday in Ordinary Time
Luke 6:17,20-23

Happy are the poor.

Jesus and his apostles went down from the mountain
and came to some flat, level ground.
Many other disciples were there to meet him.
Large crowds of people from all over Judea, Jerusalem,
and the coastal cities of Tyre and Sidon were there too.
Jesus looked at his disciples and said:
"God will bless you people who are poor.
His kingdom belongs to you!
God will bless you hungry people.
You will have plenty to eat!
God will bless you people who are crying.
You will laugh!
"God will bless you when others hate you
and won't have anything to do with you.
God will bless you when people insult you
and say cruel things about you,
all because you are a follower of the Son of Man!
Long ago your own people did these same things to the prophets.
"So when this happens to you,
be happy and jump for joy!
You will have a great reward in heaven."



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God blesses us!

Introduction

- Some days are filled with laughter and joy and other days can be harder. Jesus is still with us in those moments and can be closer to us than ever.
- We all have moments when we feel sad, angry, frustrated or hurt. It's not wrong to feel these ways, sometimes we may make wrong choices when we feel like this but what we feel is normal.

Message

- We all have moments where we feel like this, even Jesus did. There are stories in the bible of when Jesus felt so sad he cried or got so angry he shouted at others, even turned over tables.
- So Jesus knows how what it's like to feel like this, so when we feel like this we can turn to him and in those moments be closer to him.
- We can do this by thinking of him in these times and praying to Jesus for comfort.

Discussion

- Can you think of a time when you have felt angry, sad or hurt? What helped you feel better again?
- Does it help to have a friend in those times?
- Share stories of times when Jesus was sad and angry and how he knows what it's like to feel like this.
- What are some ways we can draw close to Jesus in those moments?

