



Words for Wondering

An Advent to Epiphany Course from the
Diocese of Aberdeen and Orkney

Sunday 1st February – Fourth Sunday after the Epiphany
Blessed



Gebetübung der Derwische.

Scripture: **Matthew 5: 2-6**

Then Jesus began to speak, and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they will be comforted.

“Blessed are the meek, for they will inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they will be filled.

Reflection

The Gospel set for this Sunday, the Fourth Sunday after Epiphany is the Beatitudes from the Sermon on the Mount (Matthew 5-7). When you hear the word blessed what comes to mind? The end of Eucharist services, blessings over meals, the Magnificat, or something else? It is thought that the ‘Blessed’ in the Beatitudes refers to a word meaning ‘happy’ – frequently found in Psalms and Proverbs. A beatitude is a blessing – hence the name often used for Matthew 5:1-12. Which of the Beatitudes do you find the most difficult, today you’re invited to reflect on this and perhaps delve in deeper.

To Listen

The Beatitudes by Vladimir Martynov