

**Blessed are the poor in spirit for theirs is the kingdom of heaven.** *Our first step is to realise how much we lack, how little we know. Heaven is made up of people who acknowledge their entire dependence on the Lord—that everything comes from Him.*

**Blessed are those who mourn for they shall be comforted.** *Following on from the first stage, there is grief at the loss of our sense of self-sufficiency, at our lack of genuine goodness. We are told in the heavenly teachings written down by Swedenborg that in the darkest times, the Lord is most closely present, although He seems absent. In acknowledging our need we are able to receive. He gives us comfort.*

**Blessed are the meek for they shall inherit the earth.** *Meekness is a state of being humble—of not dominating over others—being harmless. A humble heart will be reflected in outward actions towards others, bring harmony. One person can change the world through the ripple effect.*

**Blessed are those who hunger and thirst for righteousness for they shall be filled.** *Righteousness means uprightness or “right wiseness” in our relationships with others. Wanting to understand other people—putting ourselves in their shoes and looking for the good in them. There is happiness/satisfaction in closer relationships with others, filling the emptiness of life.*

**Blessed are the merciful for they shall obtain mercy.** *Love and compassion for others. Doing to others as we would have them do to us. It is in giving that we receive.*

**Blessed are the pure in heart for they shall see God.** *Having unselfish motives in our dealings with others. As we purify our heart, the Lord can open our eyes to His truth more and more, and enable us to see the Lord in others.*

**Blessed are the Peacemakers for they shall be called the sons of God.** *The birth of a new quality—an active spirit of goodwill—a sphere of peace flowing out to others, like the angels in the near-death experience.*

**Blessed are those who are persecuted for righteousness’ sake for theirs is the kingdom of heaven.** *If the above ideals are to become reality in our lives, there must be temptation. We are persecuted by our own selfishness. We do not grow in a vacuum but through our interactions with other people. Heaven is made up of people who love to serve one another.*

**Blessed are you when they revile and persecute you and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.** *This is about our struggle to love the Lord above all things. The Lord is continually desiring to draw us closer to Him. Temptations arise because we are called out of our comfort zone and feel resistant. However, heavenly joy is the promise, achievable even in this life to the extent that we strive to overcome our natural tendencies and to live the heavenly way of life.*

*The Blessings of Jesus*  
*(Beatitudes)*  
*A Programme for Life*

