

Monday 10 June | Mary, Mother of the Church

Today is Monday the 10 June, the feast of Mary, Mother of the Church, in the tenth week of Ordinary Time.

Noirín Ni Ríain, with the monks of Glenstal Abbey, sings the Beatitudes.

Today's reading is from the Gospel of Matthew.

These sayings – the Beatitudes – express the way Jesus sees things, the way he sees the reality of God's world. Some of it may sound strange to us: it doesn't fit the perceived reality, the values of the world around us. But take a moment to recall a person in your own life experience, or in public life, who embodies one or more of these beatitudes? who comes to mind? Notice how you feel as you think of them and the beatitude they express in their living.

Now – and this could be harder to do – think which of these beatitudes you express in your own living. We often find it easier to see good in others than in ourselves, but try to view your life objectively, and ask God to show you how you personally strive, in even the smallest way, to be a peacemaker, to be gentle, merciful? and notice how that makes you feel.

Now as you listen to Jesus expressing the beatitudes, his view of God's world, again, notice which of them you feel most drawn to.

Speak to God now about whatever has arisen in your heart, or ask God to show you how you could best live out one of these beatitudes in your life today.