

## Reflection Monday Week 10 - 2021

The changing of Blessed to Happy in the Beatitudes has long been the subject of debate. Here are some thoughts by Jana Greene:

### **Happiness and blessedness are not the same**

**Happiness is circumstantial.** Very real one minute and gone the next! Most people, if not everyone, want to be happy. People say if I had all of my bills paid, I'd be happy. If my children were serving God, I'd be happy. If I lose 30 pounds, I'll be happy. When I get that dream job / house / recognition / improved health ... THEN I'll be happy. That happiness, if realised, never lasts because LIFE keeps happening. We catch it sometimes in celebration and laughter (which Anne Lamott calls '*carbonated holiness.*') It's an awful lot of chasing for something so fickle.

**Blessed, however, is a state.** It is your natural state of being, because of who you are. Even if you don't know or believe, you are bestowed with the blessing of being invited to partake in the divine dance of the Trinity. Blessedness surpasses time or emotion or circumstance. To live in a state of blessing and be aware of it is to live the transcendent life. It's a lot harder than it sounds! There is no reality crash on blessedness. There is only one qualifier to living the blessed life – if you know who you are and who you were created to be, you reap the benefits from the One who loves you.

In the scholarly world, the original Greek, *Makarios*, means both blessed and happy. In either case they are seen as God's gift to those who live the beatitudes. Another translation is that the word means *congratulations*. God says I congratulate you on living the beatitudes and bless you with an inner happiness which is enduring not passing.